

30-day Stress Cure Action Plan

1. Eat for energy	Breakfast	Lunch	Supper	Snacks
2. Reduce stimulants	Week 1	Week 2	Week 3	Week 4
<i>Caffeine target:</i>				
<i>Alcohol target:</i>				
<i>Other:</i>				
3. Generate vital energy				
4. Relax and recuperate				
5. Improve your sleep				
6. Build resilience				
7. Supplements	Breakfast	Lunch	Supper	Before bed
8. Other actions				