

FREE 7-DAY PROTOCOL

The 7-Day Energy Reset Protocol

A week of small, specific adjustments for people who are getting through their days but running on fumes by mid-afternoon.

Low energy is rarely one problem. It is usually four or five ordinary things stacked on top of each other: a wake time that drifts, light that arrives too late, caffeine that arrives too late, meals that arrive whenever, a body that sat still for nine hours, and a brain that never got told the day was over. This protocol takes one layer per day.

You are not being asked to overhaul anything. Each day adds a single adjustment that stays in place for the rest of the week. By day seven you are running the whole stack, and you will have a written record of which layers actually moved the needle for you.

READ THIS FIRST

Persistent fatigue can have medical causes that no routine change will fix. If tiredness has been building for weeks, came on suddenly, or comes with other symptoms, see a clinician rather than working harder on habits. The list of what to raise with a doctor is near the end of this guide, and it is worth reading before day one, not after day seven.

Day 1: Map where your energy actually goes

Change nothing today except your attention. Most people describe themselves as tired all the time, and then discover on paper that they have a reliable good window they have been spending on email and a reliable crash they have been fighting with a fourth coffee.

1 Rate your energy from 1 to 10 at four fixed points

On waking, mid-morning, mid-afternoon, and an hour before bed. Set alarms so you do not backfill from memory.

2 Next to each rating, write what you did in the previous hour

What you ate, whether you moved, who you talked to, what screen you were on.

3 Note your actual wake time and lights-out time

Actual, not intended.

4 Note every caffeinated drink and the clock time

Coffee, tea, energy drinks, soda, pre-workout.

5 At the end of the day, circle your best hour and your worst hour

WHY THIS COMES FIRST

Everything you do for the next six days gets measured against today. Without a baseline, you will not know which change helped, and you will end up keeping all seven forever out of superstition.

Day 2: Fix the wake time before anything else

A wake time that moves around by two hours across a week gives your body a moving target it can never settle into. This is the single change most people underestimate, and it is free.

1 Choose one wake time you can hold seven days a week

Pick the one that fits your hardest morning, not your easiest. Weekends included, within about an hour.

2 Get bright light into your eyes within an hour of waking

Outdoors is best, even on a gray day. If that is impossible, sit by the brightest window you have while you do something you were going to do anyway.

3 Stop using snooze

Fragmented extra minutes cost more than they give. Move the alarm across the room for the week.

4 Open the blinds before you open your phone

Day 3: Audit your caffeine timing, not your caffeine

This is not about quitting coffee. It is about when the coffee lands. Caffeine hangs around in the body for hours, so a mid-afternoon cup can still be doing quiet work at bedtime, which costs you sleep, which costs you tomorrow, which sends you back for the cup. That is the loop worth breaking.

1 Set a daily caffeine cutoff time and write it on the log

Many people find that moving the last cup several hours earlier changes their evenings noticeably. Find your own line by testing it this week.

2 Delay the first cup until you have been up for a little while

Water and light first. See whether the first cup feels more useful an hour in.

3 Replace, do not remove, the afternoon ritual

Decaf, herbal tea, sparkling water, or a five-minute walk. The ritual is doing real work and taking it away with nothing in its place rarely sticks.

4 Keep the total roughly the same this week

Change one variable at a time. Cutting back sharply while also shifting sleep muddies your results and can bring on headaches.

Day 4: Give the day a fuel rhythm

Nothing here involves counting, cutting, or earning food. The target is simply regularity, because an eating pattern of nothing until 2pm followed by everything after 7pm produces exactly the energy curve you would expect.

Today's structure

- ☐ Eat something within a couple of hours of waking
If mornings are hard, start small rather than skipping.
- ☐ Include a protein-containing food at each main meal
Eggs, dairy, beans, fish, meat, tofu, lentils, nuts.
- ☐ Put something with fiber alongside it
Vegetables, fruit, whole grains, legumes.
- ☐ Do not go longer than about five waking hours with nothing
A planned snack beats an unplanned crash.
- ☐ Keep water within arm's reach and refill it at least twice
- ☐ Notice the drop after your largest meal
A big lunch followed by a slump is worth writing down, not judging.
- ☐ Eat at least one meal sitting down, away from a screen

NOT A DIET

This protocol does not set targets for portions, calories, or body weight, and it does not ask you to remove foods. If eating feels stressful or rule-bound, talk with a clinician or a registered dietitian. That is a real thing worth proper support, not a habit problem.

Day 5: Break up the sitting

The afternoon dip is partly circadian and partly the result of a body that has not changed position since breakfast. You cannot delete the dip, but you can stop feeding it.

- 1 Move for two to three minutes at the top of each hour you are seated**
Stand, walk the hallway, go up a flight of stairs, do ten slow squats to a chair, roll the shoulders. It does not need to look like exercise.
- 2 Take a ten-minute walk in the window where your log shows the worst crash**
Outside if possible, so you get light and movement in the same ten minutes.
- 3 Stand for at least one meeting or one phone call**
- 4 Do one longer session of easy movement if your schedule allows**
Twenty to thirty minutes at a pace where you could hold a conversation. This is not the week to test your limits.
- 5 Compare today's afternoon rating with day one**

STOP AND SEEK CARE

Stop moving and get medical attention if you experience chest pain or pressure, shortness of breath out of proportion to the effort, dizziness or fainting, a racing or irregular heartbeat, or new pain that sharpens as you continue. Check with a clinician before starting or increasing activity if you have a heart, lung, joint, or blood pressure condition, are pregnant, or have been inactive for a long stretch.

Day 6: Protect the last hour of the day

Tomorrow's energy is largely built tonight. Most people cannot add hours to their sleep, but nearly everyone can improve the hour leading up to it, which is where a surprising share of the problem lives.

1 Set a wind-down alarm sixty minutes before lights out

That alarm is the real bedtime. The one you have now is just when you got in bed.

2 Drop the light level in whatever room you are in

Lamps instead of overheads, screens dimmed, hallway light off.

3 Get the work out of your head and onto paper

Tomorrow's three things, and anything you are afraid you will forget. This is the difference between resting and rehearsing.

4 Make the bedroom cool, dark, and quiet

Blackout curtain, an extra blanket instead of a warmer room, a fan or white noise if your street is loud.

5 Charge the phone outside arm's reach

If it is your alarm, buy an alarm clock. It is the cheapest sleep intervention there is.

6 If you are awake and frustrated for a long stretch, get up

Go to another room, keep the lights low, do something dull, and return when you feel sleepy. Lying there angry teaches your brain that the bed is where you fight.

Day 7: Find the drains that are not physical

By now the mechanical layers are in place. What remains for a lot of people is a different kind of tiredness: decision load, interruption, unfinished conversations, and days with no gap in them anywhere. Today you name yours and remove one.

COMMON NON-PHYSICAL ENERGY DRAINS AND ONE PRACTICAL COUNTER EACH

Drain	How it shows up	One thing to try
Constant interruption	You end the day tired with nothing finished	One 45-minute block with notifications off, same time daily
Decision fatigue	Small choices feel heavy by evening	Pre-decide two recurring things: what breakfast is, what you wear on work days
Open loops	You keep remembering tasks at 11pm	One list, one place, reviewed once a day at a set time
Notification load	Your attention resets every few minutes	Turn off everything except calls and calendar for a week and see what you actually miss
Saying yes on reflex	Your calendar is full of things you resent	Adopt one sentence: "Let me check and come back to you tomorrow"
No gap anywhere	Back-to-back from wake to sleep	Book one 20-minute empty block in the calendar and defend it like a meeting
Low-grade isolation	Flat rather than sleepy	One real conversation, scheduled, not left to chance

1 Circle the one drain that costs you the most

Be honest rather than diplomatic. It is often the one you would least like to change.

2 Apply the counter for the rest of the week

One drain. Not the whole table.

3 Compare your day-seven ratings with your day-one ratings

4 Pick the two or three layers you are keeping permanently

Look at the log rather than at what you feel like you should keep.

The 7-day energy log

Fill in the ratings each day. Print this page, or rule the same grid in a notebook. The pattern across the week is what matters, not any single day.

RATE ENERGY 1 TO 10 AT FOUR FIXED POINTS, AND RECORD THE ANCHORS

Day	Wake	Mid-morning	Mid-afternoon	Evening	Wake time	Lights out	Last caffeine
1 (baseline)							
2 (wake time + light)							
3 (caffeine timing)							
4 (fuel rhythm)							
5 (break up sitting)							
6 (wind-down)							
7 (drains)							

My best hour of the day, most days

Protect it for work that matters

My most reliable crash window

The change that made the clearest difference

The change that made no difference at all

Drop it. Keeping useless habits is how routines collapse

My wake time going forward

My caffeine cutoff going forward

My wind-down alarm time

The drain I am removing

Questions and observations to bring to my next appointment

When tiredness is a reason to see a clinician

Habit changes help with ordinary tiredness. They do not address medical causes, and no amount of morning light will fix something that needs a doctor. Make an appointment, and do not wait for the week to end, if any of the following apply.

- **Fatigue that has lasted several weeks or is steadily getting worse**
Especially if it is not improving with more sleep.
- **Fatigue that came on suddenly, or that stops you doing things you could do a month ago**
- **Loud snoring, gasping, or long pauses in breathing during sleep, or waking unrefreshed no matter the hours**
Worth raising even if a partner is the one who noticed.
- **Breathlessness, chest pain or pressure, dizziness, fainting, or a racing or irregular heartbeat**
Chest pain, severe breathlessness, or fainting is an emergency, not an appointment.
- **Unexplained changes in body weight, appetite, temperature tolerance, or bowel habits**
- **Unusual bruising or bleeding, marked paleness, or heavy menstrual bleeding**
- **Low mood, loss of interest in things you normally enjoy, or hopelessness**
Fatigue is one of the most common ways this shows up. If you are having thoughts of harming yourself, get help the same day.
- **New fatigue after starting, stopping, or changing a medication**
Do not stop a prescribed medication on your own. Ask the prescriber.
- **Fatigue alongside a known condition or ongoing treatment**
Your care team wants to know, and it may change what they recommend.

KEEP THE MOMENTUM

One week is a start, not a system

The Health Improvement Guru Insider Newsletter picks up where day seven ends: deeper breakdowns of sleep, movement, and daily energy, practical routines you can run without rearranging your life, and honest guidance about what belongs in a habit plan and what belongs in a doctor's office.

Join the Insider Newsletter at healthimprovementguru.com, \$15/mo

Important. This protocol is general wellness information and is not medical advice. It is not intended to diagnose, treat, cure, or prevent any condition, and it is not a substitute for evaluation by a qualified clinician. Persistent or unexplained fatigue should be assessed by a doctor. Talk with your clinician before changing your activity, sleep, or eating routine, especially if you are pregnant, managing a health condition, or taking prescription medication, and never stop or change a prescribed medication without speaking to the prescriber.