FREE · CORTISOL HERO

The Calm Start Cheat Sheet

Five things to do on a hard day, the coffee order that works, and what to do at 3 AM. Stick it on the fridge.

The minimum effective day

- [ ] 5 min of morning daylight
- [ ] 25–35 g protein at breakfast
- [ ] 10-min walk after one meal
- [ ] Caffeine stops by 2 PM
- [ ] 5-min brain dump before bed

The calm coffee order

- [ ] Water first
- [ ] Daylight
- [ ] Protein
- [ ] Then coffee
- [ ] Cutoff: 2 PM

If you wake at 3 AM

- [ ] Don't check the time or phone
- [ ] Slow exhales for 5 minutes
- [ ] Awake after ~20 min? Get up, dim light, read
- [ ] Back to bed when sleepy

The morning after a rough day

- [ ] No punishment workout
- [ ] Water + protein breakfast
- [ ] 10-minute walk
- [ ] Normal meals — no skipping
- [ ] Evening shutdown tonight

> Your body isn't asking for punishment. It's asking for a safer signal, repeated daily.

Want the full 21-day plan?

The Cortisol Re-Alignment System walks you through three phases day by day, with a meal system, sleep reset, workout swaps, and 21 days of trackers. **cortisolhero.xyz**