







6 Low-Hanging Recovery Fruits

— 80/20 Rule – Make the 20% count —



  **Hydration + Electrolytes**
Rehydrate signal and reduce anxiety

  **Morning Sunlight + Chronotype**
Reset circadian rhythm and mood timing

  **Anchor Breakfast**
Stabilize blood sugar and energy

  **Protein Timing**
Support neurotransmitter synthesis

  **Omega-3, Vitamin D, Magnesium**
Omega-3, magnesium, and vitamin D

  **Multivitamin Consistency**
Feel your baseline shift — stay consistent

**Strategic
Recovery**
WITH MATT FINCH