

# DAILY HORMONE-SUPPORTING HABITS

Support your hormones every day with simple lifestyle habits. Choose 2 or 3 new habits to start with and build from there.

## MORNING

- Drink a full glass of water before coffee.
- Eat a protein rich breakfast within 1–2 hours of waking.
- Get 5–10 minutes of natural sunlight.
- Take a few deep breaths or do a quick stretch before starting your day.

## MIDDAY

- Include protein, fibre, and healthy fat with lunch.
- Take a short walk after meals to support blood sugar balance.
- Limit caffeine after 12 p.m. to protect sleep.
- Pause for 5 minutes of stress relief (deep breathing, journaling, or mindfulness).

## EVENING

- Have a balanced dinner with lean protein and cooked vegetables.
- Avoid eating 2–3 hours before bed.
- Turn off screens or use blue light filters at least 30 minutes before sleep.
- Practice a calming bedtime routine such as stretching, meditation, or reading.

## ALL-DAY HABITS

- Stay hydrated. Aim for 2 litres of water.
- Move your body daily (walks, strength training, or yoga).
- Manage stress with small breaks throughout the day.
- Prioritize 7–9 hours of sleep.

**Disclaimer:** This checklist is for general educational purposes and not intended to replace medical advice.



# Looking for more?

I'm a women's health & nutrition consultant with a heart for nurturing.

I guide women through fertility, pregnancy, postpartum recovery and baby weaning with a holistic, food-first approach that honours the whole you: your body, your rhythms, your stress, your sleep, your movement and your goals.

Think practical guidance that fits into real life.

- Holistic, food-first nutrition consultancy
- Tailored support across fertility, pregnancy, postpartum & baby weaning
- Stress, sleep & lifestyle woven into every plan
- Focus on progress, not perfection
- Practical, gentle steps that build confidence & joy!

*xo Kimberley*

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