SRG FIT
STRENGTH & NUTRITION COACHING

CORTISOL ACTION KIT:

7-Day Reset to Lower Stress, Cut Cravings, and Boost Energy

SRGFIT.training

Cortisol isn't the enemy, but when it stays high too long, it can cause sleep problems, stubborn belly fat, low energy, and sugar cravings. This plan gives your body what it needs to feel safe again.

Each day, you'll follow 4 daily habits that take under 20 minutes combined. You'll also track how you feel using the Daily Check-In. Start today, stick with it for 7 days, and adjust as needed.

Nutrition Tips for the Week

- Eat regular meals (don't skip)
- Add protein to every plate (eggs, chicken, tofu, yogurt, beans)
- Include magnesium-rich foods (greens, nuts, seeds, dark chocolate)
- Drink enough water
- Limit caffeine after 12 PM

You don't need a full diet overhaul. Just support your body with steady fuel.

Habit 1

BREATHE BEFORE MEALS

Take 5 slow belly breaths before you eat. Inhale for 4 counts, hold for 2, exhale for 6.

Why it works: Activates your rest-and-digest system, improves digestion, and lowers cortisol.

Habit 2

MORNING SUNLIGHT

Get outside within 30 minutes of waking up, for 5-10 minutes. Face the sun. No sunglasses. No phone.

Why it works: Resets your cortisol rhythm. Helps you wake up now and sleep better later.

Habit 3

10-MIN WALK AFTER MEAL

Pick any meal. Walk outside, without scrolling. Just move and breathe.

Why it works: Regulates blood sugar, lowers stress, and improves mood.

Habit 4

TECH-FREE

Wind-Down (30 Minutes Before Bed). Turn off screens. Read, stretch, or journal. Avoid email, news, and work.

Why it works: Helps melatonin kick in. Better sleep = better cortisol control.

DAILY CHECK-IN

HOW ARE YOU FEELING TODAY?

Energy:

- [ ] Low
- [ ] Medium
- [ ] High

Cravings:

- [ ] None
- [ ] Some
- [ ] Strong

Mood:

- [ ] Calm
- [ ] Neutral
- [ ] On Edge

Sleep Quality (Night Before):

- [ ] Poor
- [ ] OK
- [ ] Deep

Wins: (Write one habit you did well today)

Anything you noticed about your body, mood, or habits?

Pick 1–2 for Extra Support:

- [ ] Stretch for five minutes before bed
- [ ] Take a warm shower in the evening
- [ ] Try a magnesium supplement
- [ ] Journal three things that went well today
- [ ] Swap one screen scroll for reading or music

Give Yourself 7 Days, Then Review...

- [ ] Did your sleep improve?
- [ ] Do you feel more clear or calm?
- [ ] Are your cravings lower?
- [ ] Do you feel less bloated or “puffy”?

If yes, keep going. If not, tweak the timing or add another habit. Everyone’s cortisol pattern is a little different, but these basics work for most people.