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# Real Mom Energy Reset

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5 Simple Habits to Rebuild  
Your Energy in 7 Days

*No gym. No meal plan. No waking up at 5am.*

**Stop trying to bounce back. Start building forward.**

**By Kerri Brown**

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# You're Not Lazy. You're Running on Empty.

If you're reading this, you probably already know what "healthy" looks like. You know you should drink more water. Move your body. Eat better. Sleep more.

But knowing and doing are two very different things when you're running on broken sleep, cold coffee, and whatever your kids didn't finish for lunch.

Here's what I want you to know before we start:

**Your exhaustion is not a willpower problem.  
It's a foundation problem.**

When your hydration is off, your food is random, your sleep is wrecked, and your stress is through the roof... no amount of motivation is going to fix that.

But here's the good news. You don't need to overhaul your life to start feeling better. You need 5 small shifts over 7 days.

That's what this guide gives you.



## About Kerri

I'm a Certified Personal Trainer, Nutrition Coach (PN2), Pregnancy and Postpartum Corrective Exercise Specialist, and a mom. I lost 30 lbs after having my son using the exact same habits I teach my clients. Not through extremes. Through foundations.

*This guide is your starting point. And I'll be in your corner the whole way.*

# How This Works

This guide gives you 5 habits to try over 7 days. Here's how to approach it:

- **Days 1 & 2**  
Start with Habit 1 only. Get comfortable.
- **Days 3 & 4**  
Add Habit 2 while keeping Habit 1.
- **Days 5 & 6**  
Add Habit 3. You now have 3 habits running.
- **Day 7**  
Layer in Habits 4 & 5 and reflect on how you feel.

## Remember:

Don't try to do all 5 on Day 1. The goal is progress, not perfection. Even if you only stick with 2 or 3 of these by the end of the week, you'll feel a difference.

## Your 5 Energy Reset Habits

- 1 **Hydrate Before You Caffeinate**
- 2 **Anchor Your Morning With Protein**
- 3 **10 Minutes of Movement**
- 4 **Screens Off 30 Minutes Before Bed**
- 5 **End Every Day With One Win**

# 1

## Habit 1 Hydrate Before You Caffeinate

### WHAT TO DO

Drink a full glass of water (roughly 500ml) before your first coffee every morning.

### WHY IT MATTERS

After 6 to 8 hours of sleep, your body is dehydrated. Coffee first thing on an empty, dehydrated system spikes cortisol and can actually make your energy crash harder later in the day. Water first rehydrates your cells, kickstarts digestion, and gives you a clearer head before the caffeine even hits.

#### **Mom-Life Tip**

Fill a glass the night before and leave it on your bathroom counter. You'll see it before you even get to the kitchen.

“

*This one habit changes the entire tone of your morning.*

## Habit 2

### Anchor Your Morning With Protein

#### WHAT TO DO

Make sure your breakfast includes at least 20 to 30g of protein. Every morning.

#### WHY IT MATTERS

Most moms start the day with coffee, maybe toast, maybe nothing. Then they wonder why they're starving by 10am, craving sugar by 2pm, and eating whatever's fastest by dinner. Protein at breakfast stabilizes your blood sugar, reduces cravings, and keeps your energy steady through the morning chaos.

#### Easy Wins

2 to 3 eggs (18-21g), Greek yogurt with nuts (20g+), a protein smoothie (25-30g), overnight oats with protein powder, or leftover chicken on toast.

“

*This isn't a diet. It's one question: where's my protein?*

## Habit 3

### 10 Minutes of Movement

#### WHAT TO DO

Move your body for 10 minutes at some point during the day. A walk, a stretch, a few squats while the kettle boils, a dance in the kitchen with your kids. It all counts.

#### WHY IT MATTERS

10 minutes is not about burning calories. It's about breaking the cycle of sitting, scrolling, and stiffening up. Short movement boosts blood flow, releases tension, and gives your brain a hit of endorphins. It also builds the identity of someone who moves daily.

#### **Mom-Life Tip**

Tie it to something you already do. After morning drop-off, walk for 10 minutes before going inside. During nap time, do a quick stretch. After bedtime, take a loop around the block.

“

*You don't need to work out harder. You need to move more consistently.*

## Habit 4

### Screens Off 30 Min Before Bed

#### WHAT TO DO

Set a specific time every night to put your phone down. Not "when I feel tired." A time. Then do something restful: stretch, read, breathe, sit in silence.

#### WHY IT MATTERS

You finally get the kids to bed. You earned this time. So you scroll. And scroll. And suddenly it's 11:30pm and you've watched 45 Reels and you're more wired than when you sat down. That blue light suppresses melatonin and wrecks the quality of whatever sleep you do get.

#### **Mom-Life Tip**

Charge your phone in another room. If you use it as an alarm, buy a \$10 alarm clock. It's the best investment you'll make this year.

“

*Your wind-down routine is the most productive 30 minutes of your day.*

## Habit 5

### End Every Day With One Win

#### WHAT TO DO

Before you go to sleep, name one thing you did well today. Say it out loud, write it down, or text it to a friend.

#### WHY IT MATTERS

Moms are wired to notice what they didn't do. The workout they skipped. The meal that wasn't great. The patience they lost at 5pm. This habit interrupts that cycle. It trains your brain to scan for progress instead of failure.

#### Examples

"I drank my water before coffee." "I chose eggs instead of skipping breakfast." "I walked for 10 minutes." "I put my phone down at 9:30." These are wins. They count.

“

*What you focus on grows. Start focusing on your wins.*

# Your 7-Day Energy Reset Tracker

Check off each habit as you complete it. Watch your momentum build day by day.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Water Before Coffee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Protein at Breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 Min Movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Screens Off 30 Min Before Bed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Name One Win	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Energy Level (1-10) \_\_\_\_\_

*Notice the difference between Day 1 and Day 7.*

**That's what foundations do.**

FEELING THE DIFFERENCE?

# This Is Just the Beginning.

If 5 small habits in 7 days made you feel more energized,  
more clear, and more like yourself...

## Imagine what 6 weeks could do.

Inside my 6-Week Strong Foundations Program, I walk you through 6 daily habits, one per week, covering hydration, nutrition, movement, sleep, stress, and mindset.

You get weekly group coaching, a community of moms doing it with you, and a daily rhythm that fits your life.



### What You Get:

- ✓ 6 weekly habits that stack into a complete daily rhythm
- ✓ Weekly group coaching calls with Kerri
- ✓ A private community of moms who get it
- ✓ Daily habit tracker to keep you on track
- ✓ Mindset and recovery tools built for real mom life

*No extremes. No meal plans to memorize. No 5am alarms.*

**DM me STRONG on Instagram @kbhealthcoach**

or book a free 15-minute discovery call at [kbhealthcoach.ca](https://kbhealthcoach.ca)

*In your corner,*  
**Kerri ♥**



# KB Health Coach

Certified Personal Trainer

Nutrition Coach (PN2)

Pregnancy & Postpartum Corrective Exercise Specialist

PN Level 1 SSR Certified

Mental Skills Consultant

*Helping moms rebuild strength, energy, and confidence through holistic habits. Not extreme quick fixes.*

**"Stop trying to bounce back.  
Start building forward."**

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