



Dr. Berg's Daily Reboot Protocol Checklist

This daily routine keeps me feeling 18 in my 60s

Print this page, put it on your fridge, and use it as your daily checklist.

6:00 a.m. to 7:00 a.m. | Wake and prime phase

Wake naturally

Spend 20 minutes in sunlight or use **Dr. Berg D3 & K2 Vitamin**

Drink 16 to 20 oz (470 to 600 mL) of water with a pinch of sea salt

Optional: Coffee with cream and one scoop of **Dr. Berg Multi Collagen Peptides**

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7:00 a.m. to 12:00 p.m. | Fat-burning phase

Remain in a fasting state

Incorporate light movement or walking

Replenish electrolytes with **Dr. Berg Electrolyte Powder**

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12:00 p.m. to 1:30 p.m. | Meal #1

Eat 8 to 9 oz (220 to 260 g) of high-quality animal protein

Pair with a large leafy green salad or low-carb vegetables

Include healthy fats such as olive oil, butter, avocado, or cheese

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1:30 p.m. to 5:00 p.m. | Energy phase

30 to 60 minutes of walking in nature daily

Add high-intensity interval training (HIIT) or weight lifting twice a week

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5:00 p.m. to 7:00 p.m. | Meal #2

Eat 8 to 9 oz (220 to 260 g) of high-quality animal protein

Pair with a large leafy green salad or low-carb vegetables

Include healthy fats such as olive oil, butter, avocado, or cheese

Finish eating 3 to 4 hours before bed

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7:00 p.m. to 10:00 p.m. | Wind-down phase

Dim lights after sunset

Turn off screens 90 minutes before bed

Take 325 to 650 mg of magnesium glycinate using **Dr. Berg Magnesium Powder**

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10:00 p.m. | Sleep and rejuvenation phase

Keep the room at 64 to 68°F (18 to 20°C)

Ensure bedroom is dark and use white noise if needed

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Use **#BergReboot** to share your wins
and stay motivated!

Daily total score: — — — — — — —
Out of 20

Dr. Berg's Daily Reboot Protocol Checklist



Get your recommended supplement stack

Electrolyte Powder – Targeted mineral support for steady energy production and optimal mitochondrial function.

D3 & K2 Vitamin – Supports healthy circadian rhythm signaling.

Magnesium Glycinate Powder – Helps replenish and recharge the nervous system at night.

Multi Collagen Peptides – Concentrated source of amino acids to support joint tissue maintenance and optimal recovery.