



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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<input type="checkbox"/>						
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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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<input type="checkbox"/>						
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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.

Before undertaking any major change in diet or exercise, please consult your physician. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.