

THE 30-DAY DAILY HORMONE RESET

Daily habits + weekly symptom tracking
to help you feel the difference in your body — and know what to ask for next

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HOW THIS RESET WORKS

Small Habits. 30 Days. Big Data.

You don't need a perfect day to move your hormones in the right direction. You need consistent small actions — repeated over 30 days — that give your body the inputs it needs to regulate itself.

By Day 30, you'll know exactly where you feel better. And exactly where you still need support.



Morning Anchors

Cortisol awakening protocol



Nourishment

Blood sugar + estrogen support



Movement

Insulin sensitivity + cortisol support



Stress & Nervous System

Vagal tone + HPA axis



Sleep Protection

Melatonin + circadian rhythm

★ HOW TO USE EACH PAGE

Print 30 copies of the Daily Checklist or fill it digitally — whatever keeps you consistent. Check habits as you complete them. Rate symptoms daily in the weekly tracker. Answer 4 reflection questions at the end of each week. That's it.

The Daily Hormone Reset

Date: _____

Day _____ of 30

MORNING ANCHORS

<input type="checkbox"/>	Drink 16 oz of water within 30 minutes of waking <i>Add a pinch of sea salt for adrenal support</i>
<input type="checkbox"/>	Eat a protein-first breakfast within 60–90 minutes of waking <i>Aim for 25–30g protein — skipping breakfast spikes cortisol</i>
<input type="checkbox"/>	Get 5–10 minutes of natural light outdoors <i>Anchors your circadian rhythm and cortisol awakening curve</i>
<input type="checkbox"/>	No scrolling for the first 30 minutes <i>Protect your cortisol awakening response — this is your daily hormone primer</i>
<input type="checkbox"/>	Set one intention for the day <i>One word or sentence — activates prefrontal regulation over the stress response</i>

NOURISHMENT

<input type="checkbox"/>	Had vegetables at 2+ meals today <i>Cruciferous at least once — broccoli, kale, arugula, cauliflower</i>
<input type="checkbox"/>	Included protein with every meal <i>25–30g per meal to support stable blood sugar and satiety hormones</i>
<input type="checkbox"/>	Included a healthy fat with at least 2 meals <i>Avocado, olive oil, nuts, seeds, wild fish, eggs</i>
<input type="checkbox"/>	Avoided ultra-processed foods and added sugars <i>Not perfection — awareness. Note if this was hard.</i>
<input type="checkbox"/>	Drank 64+ oz of water throughout the day <i>Dehydration impairs cortisol regulation and thyroid function</i>
<input type="checkbox"/>	Had a fermented food today (if tolerated) <i>Greek yogurt, kefir, kimchi, sauerkraut — supports estrogen metabolism</i>

MOVEMENT

<input type="checkbox"/>	Moved my body intentionally today <i>Walk, strength, yoga, swimming — any intentional movement counts</i>
<input type="checkbox"/>	Did NOT do high-intensity cardio on back-to-back days <i>Chronic HIIT elevates cortisol. Recovery is hormone work.</i>
<input type="checkbox"/>	Did strength or resistance work this week <i>Muscle improves insulin sensitivity — aim 2–3x/week total</i>
<input type="checkbox"/>	Took a walk after a meal (even 10 minutes) <i>Post-meal walking blunts glucose spike by 30–40%</i>

STRESS & NERVOUS SYSTEM

<input type="checkbox"/>	Did a regulated breathing practice (5–10 min) <i>4-7-8 breath, box breathing, or slow diaphragmatic. Activates vagal tone.</i>
<input type="checkbox"/>	Had at least one screen-free hour today <i>Screen light suppresses melatonin and keeps cortisol elevated</i>
<input type="checkbox"/>	Named one stressor without acting on it <i>Labeling stress reduces amygdala activation — a real hormone intervention</i>
<input type="checkbox"/>	Did something restorative — not productive <i>Rest is not optional when cortisol is elevated. Recovery is required.</i>

 **SLEEP PROTECTION**

<input type="checkbox"/>	No caffeine after 2 PM <i>Caffeine has a 5–7 hour half-life — blocks melatonin and disrupts sleep architecture</i>
<input type="checkbox"/>	Dimmed lights and stopped screens 60 min before bed <i>Blue light suppresses melatonin onset by up to 3 hours</i>
<input type="checkbox"/>	Room was cool (65–68°F) and dark at sleep time <i>Body temperature drop triggers sleep onset hormones</i>
<input type="checkbox"/>	In bed by my target time: _____ <i>Cortisol spikes around 11 PM for late sleepers — catching your window matters</i>
<input type="checkbox"/>	Did not check my phone after getting into bed <i>Even one check activates alerting hormones and disrupts sleep latency</i>

Energy Today:
1 2 3 4 5 6 7 8 9 10

Mood Today:
1 2 3 4 5 6 7 8 9 10

One win today:

One thing to adjust tomorrow:

Weekly Symptom Tracker

Rate each symptom daily: 0 = not present · 1 = mild · 2 = moderate · 3 = significant

Look for patterns — time of day, after meals, around your cycle, in relation to sleep or stress. The pattern is the diagnosis.

Week _____ of 4

Dates: _____ to _____

Symptom	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Energy (1–10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sleep quality (1–10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mood / anxiety (1–10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brain fog (1–10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hot flashes / night sweats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bloating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Blood sugar / cravings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Libido	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Joint pain / inflammation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hair or skin changes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Scale: 0 = Not present | 1 = Mild | 2 = Moderate | 3 = Significant

Circle your highest-scoring symptoms at the end of the week. These become your priority talking points with your provider.

Weekly Reflection

10–15 minutes. *Honesty over perfection.*

This is not a performance review. It's a pattern-recognition tool. The answers you write in Week 1 will look different from the answers you write in Week 4 — and that difference will tell you something important.

1. What habit was easiest to maintain this week? What does that tell you about where your body is already supported?

2. Which habit did you struggle with most? What got in the way — logistics, energy, mindset, or something else?

3. Looking at your symptom tracker — which symptoms scored highest? Did you notice any patterns — time of day, after meals, related to sleep or stress?

4. How do you feel compared to Week 1? What feels different — even slightly?

★ **The Question This Reset Is Designed to Help You Answer:**

"I've done the right things — better food, more sleep, less stress — and I still don't feel fully like myself."

If that's where you land at the end of 30 days, that's not failure. That's information. It means the root cause lives deeper than lifestyle — and that's exactly what we address at Thryva.

WHAT COMES NEXT

30 Days In. Now What?

If you've tracked honestly and you still have unanswered symptoms — fatigue that won't lift, weight that won't shift, sleep that won't stay deep — lifestyle support has taken you as far as it can.

The next layer is clinical. Finding out what's happening at the hormonal and metabolic level — why it's happening — and building a protocol specific to your body.

That's the work we do at Thryva.

The Hormone Strategy Intensive

A comprehensive deep dive into your hormone health —
your labs · your symptoms · your history · your personalized root cause plan

Book at

<https://thryvablueprint.com/hormone-strategy-intensive-3870>

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