





# Your Daily Health Regime


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
--------	---------	-----------	----------	--------	----------	--------


Most Important Thing	Wake up feeling refreshed and energized, drink room temp/warm water when you get up and ensure to cleanse and empty your system each morning for a healthy start to the day.					
----------------------	--	--	--	--	--	--


Early Morning Soul Sync 	Anulom Vilom ( The Ultimate Balancer) - 10 mins + Kapal Bharti ( The Glow Machine) - 10 mins					Relax
---	--	--	--	--	--	-------

Early Morning Sweat for Glory 	Workout Everyday ( Play a sports/ Weights/ Cardio ) - Ideally mix of cardio and weight lifting ( Minimum 30 mins )					Relax
---	--	--	--	--	--	-------


Shower Time Cleanse & Recharge 	—	Mevana Hair Purify + Preserve	—	Pre Shower Abhyanga 30 mins Mevana Hair Purify + Preserve	—	—	Pre Showe Abhyanga Mevana Hair Purify + Preserve
--	---	-------------------------------	---	--	---	---	---


The morning booster Add this to your breakfast 	Fresh Apple	Dried figs ( 2-3) with milk or almond milk (preferably )	Fresh Apple	Dried figs ( 2-3) with milk or almond milk (preferably )	Fresh Apple	Dried figs ( 2-3) with milk or almond milk (preferably )	Relax
---	-------------	--	-------------	--	-------------	--	-------

Afternoon Mindful Eating Practices 	1 Eat freshly cooked and warm food   2 Try to eat on similar times every day   3 Have your heaviest meal during the day   4 Try to have an early dinner					
--	---	--	--	--	--	--

Elevate Your Plate Prefer these over others 	Drumsticks Pumpkin	Lentils Paneer	Drumsticks Pumpkin	Lentils Paneer	Drumsticks Pumpkin	Lentils Paneer	Relax
---	--------------------	----------------	--------------------	----------------	--------------------	----------------	-------

## Pre Sleep Rituals - Ratricharya

Night Nourish The root cause solver 	(Few Saffron Strands + Milk) or (Dates + Warm Milk)	(Triphala + Warm Water) or ( Warm Milk + Ghee )	(Few Saffron Strands + Milk) or (Dates + Warm Milk)	(Few Saffron Strands + Milk) or (Dates + Warm Milk)	(Triphala + Warm Water) or ( Warm Milk + Ghee )	(Few Saffron Strands + Milk) or (Dates + Warm Milk)	Relax
---	---	---	---	---	---	---	-------

Pre Sleep Rituals 	Read a book till you sleep   Keep a consistent sleep routine—same time to wake up and wind down.   Eat at least 2-3 hours before bed to aid digestion. Switch off screens an hour before sleep for a calmer mind.   Take 10 minutes to meditate, reflect, and plan for tomorrow.					
---	--	--	--	--	--	--

## Mevana’s Ritual Success Tracker

(Celebrate small wins! Each tick means you’re one step closer to healthier, radiant hair)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30

\*If you miss a day, don’t worry—just get back on track the next day!

