

# Scout's 3PM Reset (10 Minutes)

Base Camp Vital – Scout's Trail Briefing

*A simple one-page energy rescue you can use anywhere.*

## **Minute 0–2: Hydrate**

8–12 oz water (electrolytes optional)

## **Minute 2–4: Fuel Smart**

Yogurt + berries • Apple + PB • Nuts + fruit • Hummus + veggies

## **Minute 4–8: Move**

Walk or stairs • 20 squats + wall pushups • Stretch + pace

## **Minute 8–10: Calm Energy Breathing**

6 breaths • 4 sec in / 6 sec out

## **Quick Slump Check**

Headache / irritable / dry → Hydrate

Sugar cravings → Protein + fiber

Brain fog → One task + 10-min timer

Wired-tired → Breathing + short walk

Bad sleep → Earlier caffeine cutoff + daylight

## **3PM Danger Zone (Avoid)**

Energy drink + candy

Late mega coffee (after ~2–3 PM)

Sitting still for hours

Doom scrolling

## **Minimum Effective Reset**

Water + protein snack + 4-minute walk