

50 FREE BIOHACKS

That Help You Feel Human Again

Simple, practical habits for hydration, movement, food, sleep, and everyday well-being

No expensive equipment. No complicated routine.
Choose one small habit and begin there.



A lifestyle that helps you feel human again.

You Do Not Need to Optimize Everything

Biohacking can sound expensive, technical, or extreme. But at its most useful, it simply means paying attention to how everyday choices affect how you feel - then repeating the habits that support you.

This guide brings together 50 free habits that can help support your energy, focus, digestion, movement, sleep, and sense of calm. They are not miracle cures, medical treatment, or a challenge to complete all at once. They are small experiments you can try in ordinary life.

**The goal is not to do more.
The goal is to notice what helps.**

How to Use This Guide

Read through the five sections.

Circle or highlight the habits that feel realistic for your life.

Choose one habit from the area where you need the most support.

Try it consistently for seven days before adding something new.

Keep what helps. Release what does not.

Your body does not need a perfect routine. It needs enough supportive signals, repeated often enough, to create a rhythm it can recognize.

Hydration Hippo™

“Hello H₂O”

Hydration Hacks

1	Drink water shortly after waking.
2	Keep a reusable water bottle where you can see it.
3	Drink water before your first coffee.
4	Sip water steadily instead of waiting until you feel very thirsty.
5	Use urine colour as a simple hydration cue.
6	Drink a glass of water before meals.
7	Rehydrate after sweating, walking, or exercise.
8	Add lemon, cucumber, mint, or berries when plain water feels unappealing.
9	Create regular hydration pauses during the workday.
10	Finish most of your water earlier in the day if nighttime bathroom trips interrupt sleep.

Start here: Drink one glass of water after waking and another before lunch.

Active Ant™

“Let’s Go”

Movement Moments

11	Take a ten-minute walk after a meal.
12	Use the stairs whenever it is practical.
13	Stand up at least once every hour.
14	Stretch while waiting for the kettle, coffee maker, or shower.
15	Do ten squats before sitting down to watch television.
16	Carry smaller grocery loads instead of using a cart when appropriate.
17	Park farther from the entrance.
18	Walk during phone calls.
19	Practise balancing on one foot while brushing your teeth.
20	Treat household chores as purposeful movement.

Start here: Choose the movement that fits naturally into something you already do.

Nutty the Nutritional Nut™

“Know What’s Best”

Food Smarts

21	Begin meals with a source of protein.
22	Slow down and chew each bite thoroughly.
23	Eat one meal without scrolling on your phone.
24	Prepare a protein option ahead for the next day.
25	Keep a short list of simple meals your family will reliably eat.
26	Choose foods that look close to how they began in nature.
27	Prepare tomorrow's breakfast or lunch the night before.
28	Read the ingredient list, not only the front-of-package claims.
29	Learn one ingredient name & what it is used for.
30	Keep simple nourishing foods visible and convenient.

Start here: Make the next helpful food choice easier to see and easier to reach.

Sleepy Sloth™

"I Wanna Rest"

Sleep Supports

31	Wake at approximately the same time each day.
32	Get outdoor morning light soon after waking.
33	Keep your phone away from your bed.
34	Dim household lights in the evening.
35	Keep the bedroom cool, dark, and quiet.
36	Avoid repeatedly checking the time during the night.
37	Create a short and repeatable bedtime routine.
38	Write tomorrow's tasks down before bed.
39	Reserve the bed primarily for sleep.
40	Take several slow breaths before closing your eyes.

Start here: Protect your wake time first. A steadier morning can help create a steadier night.

Wholesometarian™ Repeat Pillar

Hydrate, Exercise, Eat, Sleep, and Repeat

Everyday Resets

41	Step outside for fresh air every day.
42	Let natural daylight reach your eyes without staring directly at the sun.
43	Spend a few quiet minutes without music, television, or notifications.
44	Take five slow breaths before responding to stress.
45	Place bare feet on safe natural ground if available.
46	Spend time around trees, plants, water, or open sky.
47	Wash your face with cool water when you need a reset.
48	Write down one thing that went well today.
49	Prepare one small thing tonight that will make tomorrow easier.
50	Choose one supportive habit and repeat it until it feels familiar.

Start here: Repetition matters more than intensity. Build a rhythm you can return to.

Your Seven-Day Feel Human Again Experiment

Choose one habit - not ten. A small habit becomes useful when it is easy enough to repeat and clear enough to notice.

Day	Habit completed?	How did I feel?	One note
Day 1	Yes / Not yet	Better / Same / Worse	
Day 2	Yes / Not yet	Better / Same / Worse	
Day 3	Yes / Not yet	Better / Same / Worse	
Day 4	Yes / Not yet	Better / Same / Worse	
Day 5	Yes / Not yet	Better / Same / Worse	
Day 6	Yes / Not yet	Better / Same / Worse	
Day 7	Yes / Not yet	Better / Same / Worse	

After Seven Days, Ask Yourself

Was this habit realistic in my actual life?

Did I notice any change in my energy, mood, digestion, focus, or sleep?

What made the habit easier to remember?

Should I keep it, adjust it, or try a different habit?

**Progress is not proving that you can do everything.
Progress is learning what helps you feel more like yourself.**

Feeling human again is rarely the result of one perfect routine. It is often the result of small, supportive choices returning again and again.

Drink the water. Take the walk. Prepare the simple meal. Protect the bedtime. Step outside. Breathe. Begin again tomorrow.

Hydrate, Exercise, Eat, Sleep, and Repeat.

Visit the Wholesometarian™ Feel Human Again page for simple articles, practical tools, character-led wellness education, and supportive next steps.

wholesometarian.com/feel-human-again

Health and Wellness Disclaimer

This guide is for general educational and informational purposes only. It is not medical advice and is not intended to diagnose, treat, cure, or prevent any condition. Individual needs vary. Speak with a qualified healthcare professional before making significant changes, particularly if you are pregnant, managing a health condition, taking medication, or experiencing persistent symptoms.

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