

DISCOVERY GUIDE

# Healthy Routines, Sleep, Energy & Self-Care Habits

Lifestyle & Life Skills / Fitness & Everyday Wellbeing Guides

No standalone pathway purchase · Recommended package fee · not a standalone pathway fee

**INR 7,999**

Access

**4 weeks package access**

Study plan

**5-20 minutes · daily habit practice**

Learning format

**Public discovery guide; package delivery and inclusions must be checked separately**

## Programme overview

Create sustainable everyday routines that support energy and consistency without diagnosing conditions or prescribing treatment.

## Who this is for

- 1 People of different ages who want more consistent daily routines around sleep timing, movement breaks, meals, hydration, recovery and screen boundaries.

## Published topics and learning focus

- 1 Set a repeatable wind-down cue
- 2 Create a simple morning start routine
- 3 Add a movement or stretch break to the day
- 4 Plan regular meals and hydration reminders
- 5 Notice which late-day habits disrupt your routine

## Related package

A related starting package; it does not automatically include this complete pathway. Confirm additional scope and fees.

**Discipline, Productivity & Life Reset**

## Before you choose

- 1 General lifestyle education only. It does not replace medical advice, diagnosis or treatment and does not prescribe medicines, supplements or disease-specific exercise plans.
- 2 This is a discovery pathway, not a standalone paid course or a promise of free tuition. Confirm any separate scope, fee and access in writing.
- 3 Published learning topics describe the intended focus, not guaranteed personal, career or business results.

## Take the next step

**Enrol in Discipline, Productivity & Life Reset**

**View current details, scope and terms**

**Ask ZELVU about this programme**

Save this brochure for reference. Details can change: confirm the current programme page and checkout before making a purchase.