Early to Rise Customer Support

<u>Knowledgebase</u> > <u>8 Minutes to Alpha</u> > <u>What do you do for the 8 minutes?</u>

What do you do for the 8 minutes?

Honey - 2020-02-05 - <u>8 Minutes to Alpha</u>

The 8 Minutes can be broken down into:

4 minute workout

2 minute shakes

2 min change in habits such as your sleeping habits, your meal plan, etc.