## **Early to Rise Customer Support**

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

What do you do for the 8 minutes?

Stephanie H - 2020-02-20 - 8 Minutes to Alpha

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.