

# Early to Rise Customer Support

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

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## 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.