## 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.

