

## 7-Day RYZE Coffee Switch Routine

Day	Morning Routine	Notes
1	75% Coffee + 25% RYZE	Start slow, note taste and energy
2	50/50 mix	Hydrate well
3	25% Coffee + 75% RYZE	Add adaptogenic support
4	100% RYZE	Light morning walk to activate energy
5	RYZE + MCT boost	Track mood and digestion
6	Add RYZE to smoothie or oat milk	Explore versatility
7	Full RYZE cup + mindfulness ritual	Celebrate your switch!