



Your Turn

Getting back to you — five minutes at a time.

Everyone's been asking you to do things for others. This one's about you.

FOR MOMS REBUILDING · 6 MONTHS TO 3 YEARS POSTPARTUM

A NOTE FROM ERIC

Hi — I'm Eric. I'm a Mayo-certified health coach, and I built Summit.

When I piloted Summit, I didn't know if it would matter to moms. A few happened to be in the group. So I watched.

I figured what they wanted was a way out of the burnout. Time in the day to put their own health somewhere on the list. That part was right. What surprised me was how little it took. Five or ten minutes on you. Just you. With someone actually in your corner.

The system puts you first and asks for almost nothing. A few minutes here and there. A nudge to show up, a moment to reflect. It works because it's fast, it's easy, and it doesn't live in another app you have to open.

That's why I want to get this in front of more moms.

We say moms are heroes. Let's start treating them like it.

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My own health habits are often the first thing to slide when the day gets hectic. There are consistently one or two days every week where I know I'd have missed my goals if it weren't for Summit's tips and accountability checks. Those timely text reminders are the gentle nudge I need. If you're looking for a way to build habits that doesn't feel like a chore, Summit is it!

— Julie, mom of Clark (1)

This is your turn.

You spend all day on everyone else. The baby, the house, the job, the people who need you. This isn't about bouncing back — there's nothing to bounce back to. You're someone new now.

It's simpler than that. **It's your turn.** Five minutes that are yours. Then ten. You don't earn it by doing everything first. You take it — and small counts. It always counts.

The method

Four steps. You can run the whole thing from this page.

1

Name what you miss — and name your turn.

Pick one thing you've lost track of. Energy. Sleep. Feeling strong. Ten quiet minutes. Just one — not the whole list. Then write **your turn in one line**: what are you reaching for? *"I want to feel like me by 2pm."* *"Ten minutes that are mine."* That line is yours. Keep it close.

2

Shrink it small — then decide when.

Take that one thing and make it almost too easy. Not a workout — a start. Then decide exactly **when and where** it happens — a real time, not "someday." *"Five minutes of stretching during the first nap."* *"A short walk after lunch."* "When" is the whole trick. A plan without a time is just a wish.

3

Run it a week. Small still counts.

Do the small version — on the good days and the loud ones. Plan for the Tuesday you actually have, not the one you wish you had. A two-minute version beats a skipped twenty. The mom who does the small thing on a hard week beats the one waiting for a calm one. That week never comes — and it doesn't have to.

4

Add the next one only when the last one holds.

If it stuck — even mostly — keep it and add one more. One a week, that's the pace. If it didn't, don't pile on; shrink the first one until it's easy again and run it back. It feels slow. It's supposed to. In a few months that's a stack of small things on autopilot — more real than any overhaul.

A few things for the hard days

Small still counts. A missed day isn't a relapse. It's a Tuesday. Start again at the next nap, the next walk, the next meal — not next Monday.

Keep your turn-line close. Put it on your phone. Read it when you're about to skip. Motivation fades; a written line holds.

You're not behind. There's no schedule for this. The only pace that matters is the one you can keep.

Your Turn — worksheet

WRITE ON THE LINES

My turn, in one line

The one thing I'm starting with

When and where I'll do it

The small version, for a hard week

A note: if what you're carrying is more than the everyday — your mood, pain, bleeding, your pelvic floor — that deserves real care, not a guide. Talk to your provider. This is for the everyday rebuild; that's a different, important kind of help.

That's the whole method — you can run it from this page alone. And if you'd rather not do it alone, that's what Summit is: the same idea, with a real coach walking it with you.

It's your turn. Start with five minutes today.

Ready for more? Try free for 14 days at go.summithealth.app/yourturn