

The 30-Day *Pink Salt* Morning Drink Challenge

Inspired by the viral TikTok ritual – now a structured 30-day wellness habit

R THE RECIPE

Ingredients

- 12–16 oz warm water
- **1/8 tsp Himalayan pink salt**
- 1 fresh lemon, juiced
- 1 tsp raw honey (optional)

Method

- 1 Warm water to 40–50°C (not boiling)
- 2 Stir in 1/8 tsp pink salt until dissolved
- 3 Squeeze in fresh lemon juice
- 4 Add honey if desired. Sip within 30 min of waking

! THE HONEST SCIENCE

What this drink actually does: Replenishes electrolytes after overnight fasting, supports gentle morning digestion (warm water + lemon), and helps you replace a sugary morning drink with something near-zero calorie. That habit shift is where real weight loss comes from.

What it does NOT do: Burn fat directly, "melt belly fat," boost metabolism in any meaningful way, or detox your body (your liver and kidneys already do that). The viral claims on TikTok are hype. The morning hydration ritual is real and beneficial.

NA SODIUM SAFETY GUIDE

285mg
1/8 TSP

Safe. 12% of daily limit. Use this dose.

575mg
1/4 TSP

Caution. 25% of daily limit.

1,150mg
1/2 TSP

Too much. Causes water retention.

2,300mg
1 TSP

Avoid. Entire daily sodium limit!

WHO MUST SKIP THIS DRINK ENTIRELY

- x High blood pressure
- x Kidney disease (CKD)
- x Pregnancy / breastfeeding
- x Taking diuretics / BP meds
- x Heart disease / failure
- x Water retention / edema
- x Low-sodium prescribed diet
- x Any sodium restriction

30
DAYS OF RITUAL

1/8
TSP MAX DAILY

285
MG SODIUM SAFE

P YOUR PROFILE AND STARTING MEASUREMENTS

YOUR NAME _____
 START DATE _____
 END DATE (DAY 30) _____
 MY MAIN GOAL _____

START WEIGHT _____
 GOAL WEIGHT _____
 WAIST (START) _____
 WAIST (GOAL) _____

II MY 30-DAY COMMITMENTS (ALONGSIDE THE DRINK)

MOVE DAILY

Walk 20+ minutes most days. Fasted morning walks are ideal directly after the drink.

CUT SUGAR DRINKS

Replace soda, juice and sweetened coffee with the pink salt drink or plain water.

SLEEP 7–8 HOURS

Poor sleep raises hunger hormones. Sleep is your most underused weight loss tool.

BELLY ZERO

- ↗ [Calorie Deficit Calculator](#)
- ↗ [Belly Fat Risk Analyzer](#)
- ↗ [BMI Calculator](#)

bellyzero.com — Calculate your personalised results.

BELLYZERO HEALTH TOOLS

Medical note: This challenge is for healthy adults only. Always consult your doctor before changes to sodium intake, especially with any health conditions. The pink salt drink does not directly burn fat — results come from the accompanying lifestyle habits.

RESHAPE YOUR BODY. REDEFINE YOUR LIFE.

Each morning: drink your pink salt lemon water first thing, before food. Tick the box in each day's cell when done. Write a word or two in the notes line. The goal is 30 consecutive ticks. Miss a day? Just continue — do not restart from zero. Tick the circle at the bottom of each cell if you also completed your daily walk.

Daily Recipe

12–16 oz warm water
1/8 tsp pink salt
Juice of 1 lemon
1 tsp honey (optional)

MON

TUE

WED

THU

FRI

SAT

SUN

Week 1 — Start the Ritual

1

MORNING DRINK

First Sip. Start the ritual. Drink within 30 min of waking.

- Drink done
- Morning walk

2

HABIT DAY

Record your starting weight and waist measurement today.

- Drink done
- Baseline logged

3

MORNING DRINK

Add Ginger. 2–3 thin slices of fresh ginger in the drink.

- Drink done
- Morning walk

4

WELLNESS

Fasted Walk. Drink first, then 20 min walk before any food.

- Drink done
- Fasted walk done

5

MORNING DRINK

Try it iced. Same recipe over ice with fresh mint leaves.

- Drink done
- Morning walk

6

WELLNESS

Replace every sugary drink today with water or your drink.

- Drink done
- Zero sugary drinks

7

WEEK 1 DONE!

Check-in. Weigh and measure. How do you feel vs Day 1?

- Drink done
- Measurements logged

Week 2 — Build the Habit

8

MORNING DRINK

Try ACV version. Add 1 tsp apple cider vinegar. Use a straw.

- Drink done
- Morning walk

9

WELLNESS

Sleep focus. No caffeine after 2pm. Bed 8 hrs before wake time.

- Drink done
- Slept 7–8 hrs

10

MORNING DRINK

Cucumber Mint version. Infuse overnight for best flavour.

- Drink done
- Morning walk

11

HABIT DAY

Mid-point measurement. Weight and waist. Compare to Day 2.

- Drink done
- Measurements logged

12

MORNING DRINK

Golden Turmeric version. Add 1/2 tsp turmeric and black pepper.

- Drink done
- Morning walk

13

WELLNESS

Protein at every meal. Eggs, chicken, fish, legumes, yoghurt.

- Drink done
- Protein every meal

14

2 WEEKS!

Midpoint review. What habits have stuck? What to improve?

- Drink done
- Reflection written

Week 3 — Feel the Shift

15

MORNING DRINK

Berry version. Muddle raspberries or blueberries into the drink.

- Drink done
- Morning walk

16

WELLNESS

Stress day. 10 min breathing or stillness after the drink. No phone.

- Drink done
- 10 min calm done

17

MORNING DRINK

Hibiscus version. Brew hibiscus tea as your warm water base.

- Drink done
- Morning walk

18

WELLNESS

Smaller plate today. Eat slowly. Put fork down between bites.

- Drink done
- Mindful eating done

19

WELLNESS

Upgrade the walk to 30 minutes. You have earned the increase.

- Drink done
- 30-min walk done

20

MORNING DRINK

Green Tea base. Use cooled green tea instead of plain water.

- Drink done
- Morning walk

21

3 WEEKS!

3-week check-in. What habit are you most proud of?

- Drink done
- Measurements logged

Week 4 — Own It

22

HABIT DAY

Batch prep. Juice 7 lemons. Add 1 tsp salt. Store in fridge jar.

- Drink done
- Batch prepped

23

WELLNESS

Hydration day. Aim for 2.5 litres total today. Track it.

- Drink done
- 2.5 L water done

24

HABIT DAY

Skip the salt today. Just lemon water. Notice the difference.

- Lemon drink done
- Felt the difference?

25

HABIT DAY

Progress photo + measurement. Compare to your Day 2 baseline.

- Drink done
- Photo + measure done

26

WELLNESS

Share this challenge with one friend or family member today.

- Drink done
- Shared with someone

27

WELLNESS

Add strength. 3 rounds: 10 squats, 10 lunges, 10 push-ups.

- Drink done
- Strength workout done

28

MORNING DRINK

Reward drink. Elderflower + pink salt + sparkling water + lemon.

- Drink done
- Morning walk

29

MORNING DRINK

Evening chamomile pink salt tea tonight. Compare to morning version.

- AM drink done
- PM tea done

30

CHALLENGE DONE!

Final weigh-in. Final measurement. Write your 30-day reflection.

- Final drink done
- 30-day complete!

H DAILY HABIT LOG

DAY	DRINK	WALK	WATER	SLEEP	NO SUGAR
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					

Use tick (✓) for done, ✖ for missed, R for rest day (walks only). Week-end rows are shaded.

W WEEKLY WIN — ONE THING I DID WELL

30 DAY 30 FINAL REFLECTION

M PROGRESS MEASUREMENTS

METRIC	DAY 2 (START)	DAY 14	DAY 21	DAY 30 (FINAL)
Weight				
Waist				
Hips				
How I feel				

Measure morning, empty stomach, same clothing each time. Waist at belly button level.

* MILESTONES — TICK WHEN EARNED

7
DAYS

Ritual started.
Foundation built.

14
DAYS

Momentum. Habit
taking shape.

21
DAYS

Discipline. Habit
forming for real.

30
DAYS

Challenge
complete. System
installed.

Reward the behavior, not the outcome. Avoid food rewards.

W MY WHY — RETURN HERE ON HARD DAYS

WHY I STARTED THIS:

MY CONFIDENCE GOAL:

? PLATEAU CHECKER

- | | |
|---|--|
| <input type="checkbox"/> Not tracking consistently | <input type="checkbox"/> Weekend overeating |
| <input type="checkbox"/> Liquid calories (coffee/juice) | <input type="checkbox"/> Not being patient enough |
| <input type="checkbox"/> Overestimating calorie burn | <input type="checkbox"/> Stress / hormonal changes |
| <input type="checkbox"/> Poor sleep this week | <input type="checkbox"/> Moved less than needed |

N WHAT I WILL CHANGE NEXT WEEK

BELLY ZERO

↗ [Calorie Deficit Calculator](#)

↗ [Belly Fat Risk Analyzer](#)

↗ [BMI Calculator](#)

↗ [Body Fat Percentage Calculator](#)

[bellyzero.com](#) — Calculate your personalised results.

BELLYZERO HEALTH TOOLS

This tracker is for informational and motivational purposes only.

It does not replace professional medical, dietary, or fitness advice. Consult a qualified healthcare provider before making changes to your diet or sodium intake, especially with any existing health conditions.

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Page 3 of 3