

⭐ WEEK 1: CORTISOL REBOOT ⭐

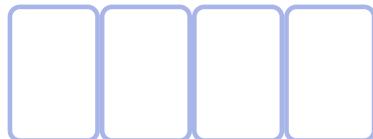
tracking sheet

Morning Routine:

- Morning light
(5-10 min outside)
- Vagus nerve
activation
- Balanced
breakfast



Water Balance: 8



Evening Wind-Down:

- Digital sunset
(1h before bed)
- Dim lights
after 9 PM
- 2-min slow
breathing



Daily Habits:

- Avoided phone
first hour
- Micro-pause
breaks (hourly)
- Evening walk
or stretch



Things I'm Grateful for Today:

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Hours of Sleep:

0-3

4-6

7-9 *

10-12

Morning Energy:



Mood:

