

🌟 WEEK 1: CORTISOL REBOOT 🌟

tracking sheet

Morning Routine:

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



Water Balance: 💧

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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:

