

Circadian Rhythm & Metabolic Repair Tracker

Client Name: __ Date: _____

Section 1: The "Light Anchor" & Environment Checklist

Complete this section once at the start of your tracking week to audit your sleep environment.

- ☐ **Morning Light Anchor:** Do you have a spot for 15 mins of direct sun before 8:00 AM?
- ☐ **Temperature Control:** Is your thermostat set to ~65°F (18°C) for sleep?
- ☐ **Total Blackout:** Are all LED standby lights covered and blackout curtains installed?
- ☐ **Blue Light Strategy:** Do you have blue-blocking glasses or "Night Shift" enabled on all devices?
- ☐ **EMF/Distracti**on: Is your phone placed in another room or on Airplane Mode?

Section 2: 7-Day Circadian Alignment Log

The goal is to synchronize your Master Clock (SCN) with your metabolic needs.

Day	Morning Sun (Time/Mins)	3-2-1 Ritual Followed?*	Bedtime / Wake Time	Energy (1-10)	Hunger/Cravings (1-10)
1		<input type="checkbox"/>	: / :		
2		<input type="checkbox"/>	: / :		
3		<input type="checkbox"/>	: / :		
4		<input type="checkbox"/>	: / :		
5		<input type="checkbox"/>	: / :		
6		<input type="checkbox"/>	: / :		
7		<input type="checkbox"/>	: / :		

*3-2-1 Ritual: 3 hours before bed (No Food), 2 hours (No Work), 1 hour (No Screens).

Section 3: Metabolic & Cognitive Reflection

Weekly Totals: * Total "Light Anchor" Days: _ / 7 * Total "3-2-1 Ritual" Days: _ / 7

Observations & Patterns: 1. **Brain Clarity:** Did you notice a decrease in "brain fog" on the mornings following a successful 3-2-1 ritual? (Linking to Glymphatic "Brain Wash")

1. **Appetite Regulation:** On days following poor sleep, did you notice increased cravings for sugar or caffeine? (Ghrelin/Leptin response)

1. **The "3 AM" Window:** Did you experience any mid-night awakenings? If so, what was the screen use or meal timing like the evening before?

Practitioner Next Steps:

- ☐ Review Oura/Whoop/App data for Deep Sleep vs. REM Sleep percentages.
 - ☐ Adjust "Light Anchor" timing based on client's specific chronotype.
 - ☐ Evaluate fasting insulin levels if "Hunger/Cravings" scores remain high (>7).
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