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5-Day Morning Routine Checklist

Five small habits to try, one day at a time. Check each box as you go.

Day	Habit to try	Done
Day 1	**Set one wake time.** Pick a time you can keep, within 30 minutes, even on weekends.	☐
Day 2	**Get daylight.** Spend 10 minutes outside or by a bright window soon after you wake up.	☐
Day 3	**Eat a first meal with protein.** Choose something you enjoy, such as eggs, yogurt or beans.	☐
Day 4	**Move your caffeine earlier.** Try finishing your last coffee or tea before noon.	☐
Day 5	**Plan tomorrow tonight.** Write down your top 3 tasks before bed, and dim the lights in the last hour.	☐

Educational information only. This checklist is not medical advice and does not diagnose, treat or prevent any condition. If you have trouble sleeping for weeks, new tiredness or sudden body changes, talk to a qualified healthcare professional.

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Your 2-Week Sleep Note

Fill in a few words each morning. After two weeks, look for patterns.

Day	Bedtime	Wake time	Caffeine (last cup)	Alcohol	How I felt
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					
Day 11					
Day 12					
Day 13					
Day 14					

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