Tools & Interventions

Use these simple tools to improve energy regulation, focus, and recovery in daily life.

1. Sleep Window Audit

Track bedtime, wake time, and perceived sleep quality for one full week.

Date	Bedtime	Wake Time	Hours Slept	Sleep Quality (1–5)	Notes

2. Morning Activation Protocol

A 5-minute morning ritual of sunlight + movement to reset your circadian rhythm.

Day	Sunlight Exposure (Y/N)	Light Movement Done (Y/N)	Mood After (1–5)	Notes

3. Hydration Trigger

Track your hydration habits around key energy windows: before coffee, lunch, and mid-afternoon.

Day	16oz Before Coffee (Y/N)	16oz Before Lunch (Y/N)	16oz Mid-Afterno on (Y/N)	Total Water Intake (oz)	Notes