

7 DAY BODY CLOCK PRACTICE

DAY ONE

WRITE DOWN HOW YOU FEEL UPON WAKING AND BEFORE SLEEP

ANCHORS: DAY ONE - SEVEN

MORNING:

- 10-MIN OUTSIDE WITHIN 10 MIN OF WAKING
- PROTEIN BREAKFAST WITHIN 60 MIN OF WAKING

MID-DAY:

- AT LEAST ONE DAYLIGHT MOMENT OUTSIDE 2-5 MIN
- NO CAFFEINE AFTER NOON

EVENING

- SUNSET EXPOSURE 10 MIN
- DINNER FINISHED > 3 HR BEFORE BED

NIGHT

- BIG LIGHTS OFF, RED LIGHT/LAMP ONLY
- PHONE OFF 1-2 HOURS BEFORE SLEEP
- BEDROOM = CAVE STATUS

TRACK EACH DAY

- HOW LONG IT TOOK TO FALL ASLEEP
- NUMBER OF WAKE-UPS EACH NIGHT (IF ANY)
- ENERGY RATING IN THE MORNING (SCALE OF 1-10)

DAY SEVEN

WRITE DOWN HOW YOU FEEL UPON WAKING AND BEFORE SLEEP

- IS IT ANY DIFFERENT THAN DAY ONE?
- HOW OFTEN DID YOU STICK TO THE ANCHORS EACH DAY?
- GET RADICALLY HONEST – WHERE COULD YOU HAVE DONE BETTER?
- ASSESS YOUR RESULTS FROM DAY ONE TO SEVEN
- DETERMINE WHAT YOU NEED TO DO DIFFERENT FOR NEXT WEEK