

# Daily Planner

Use this page as part of your sleep & recovery handbook routine.

|                  |                            |           |       |
|------------------|----------------------------|-----------|-------|
| Date             | _____                      | Mood 1–10 | ____  |
| Top 3 priorities | 1. _____ 2. _____ 3. _____ |           |       |
| Movement         | _____                      | Water     | _____ |
| Self-care        | _____                      | Sleep     | _____ |

# Weekly Planner

| Day | Priority | Movement | Recovery | Notes |
|-----|----------|----------|----------|-------|
| Mon | —        | —        | —        | —     |
| Tue | —        | —        | —        | —     |
| Wed | —        | —        | —        | —     |
| Thu | —        | —        | —        | —     |
| Fri | —        | —        | —        | —     |
| Sat | —        | —        | —        | —     |
| Sun | —        | —        | —        | —     |

# Weekly Reflection

| Question                  | My answer |
|---------------------------|-----------|
| What worked?              | _____     |
| What felt difficult?      | _____     |
| What will I simplify?     | _____     |
| What do I want next week? | _____     |

# Habit Tracker

| Habit   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|---------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|
| Habit 1 |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |
| Habit 2 |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |
| Habit 3 |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |

# Habit Tracker • Days 16–30

| Habit   | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|---------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Habit 1 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Habit 2 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Habit 3 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |

# Meal & Nourishment

| Meal      | Plan  | Notes |
|-----------|-------|-------|
| Breakfast | _____ | _____ |
| Lunch     | _____ | _____ |
| Dinner    | _____ | _____ |
| Snack     | _____ | _____ |

# Grocery List

| Category | Items |
|----------|-------|
| Produce  | _____ |
| Protein  | _____ |
| Grains   | _____ |
| Pantry   | _____ |
| Other    | _____ |

# Movement Planner

| Day | Activity | Minutes | How I felt |
|-----|----------|---------|------------|
| Mon | _____    | —       | _____      |
| Tue | _____    | —       | _____      |
| Wed | _____    | —       | _____      |
| Thu | _____    | —       | _____      |
| Fri | _____    | —       | _____      |

# Sleep Log

| Date  | Bed   | Wake  | Hours | Quality 1–5 |
|-------|-------|-------|-------|-------------|
| _____ | _____ | _____ | _____ | —           |
| _____ | _____ | _____ | _____ | —           |
| _____ | _____ | _____ | _____ | —           |

# Stress & Energy

| Date  | Stress 1–10 | Energy 1–10 | What helped |
|-------|-------------|-------------|-------------|
| _____ | —           | —           | _____       |
| _____ | —           | —           | _____       |
| _____ | —           | —           | _____       |

# Self-Care Plan

| Area       | This week |
|------------|-----------|
| Body       | _____     |
| Mind       | _____     |
| Home       | _____     |
| Connection | _____     |
| Fun        | _____     |

# 30-Day Overview

Use this page as part of your sleep & recovery handbook routine.

| Week | Focus                | Main habit |
|------|----------------------|------------|
| 1    | Notice & simplify    | _____      |
| 2    | Build routines       | _____      |
| 3    | Practice consistency | _____      |
| 4    | Review & maintain    | _____      |

# Goal Planner

| Goal  | Why   | First step | Review |
|-------|-------|------------|--------|
| _____ | _____ | _____      | _____  |
| _____ | _____ | _____      | _____  |
| _____ | _____ | _____      | _____  |

# Journaling

| Prompt                 | Notes |
|------------------------|-------|
| What do I need today?  | _____ |
| What is one small win? | _____ |
| What can I let go of?  | _____ |

# Gratitude

| Today I appreciate... | Why   |
|-----------------------|-------|
| _____                 | _____ |
| _____                 | _____ |
| _____                 | _____ |

# Support Map

| Person/resource | Support | Contact |
|-----------------|---------|---------|
| _____           | _____   | _____   |
| _____           | _____   | _____   |
| _____           | _____   | _____   |

# Reset Plan

| If I feel off track... | My response |
|------------------------|-------------|
| Step 1                 | _____       |
| Step 2                 | _____       |
| Step 3                 | _____       |

# Monthly Review

| Question            | Answer |
|---------------------|--------|
| Biggest improvement | _____  |
| Most useful habit   | _____  |
| Next priority       | _____  |

# Notes

|       |
|-------|
| Notes |
|       |
|       |
|       |
|       |
|       |

# My Personal System

| Habit | Cue   | Minimum version |
|-------|-------|-----------------|
| _____ | _____ | _____           |
| _____ | _____ | _____           |
| _____ | _____ | _____           |