

SLEEP & RECOVERY HANDBOOK

A practical 30-day framework for build calmer evenings, better routines & restorative habits.

Week 1 — Reset

Day	Action
1	Complete your baseline.
2	Choose one small habit.
3	Prepare your environment.
4	Do the easiest version.
5	Review energy/stress.
6	Repeat.
7	Weekly review.

Week 2 — Build

Day	Action
8	Repeat your core habit.
9	Add supportive movement.
10	Improve one meal/routine.
11	Protect recovery.
12	Reduce one friction point.
13	Connect or reflect.
14	Weekly review.

Week 3 — Strengthen

Day	Action
15	Simplify your plan.
16	Practice consistency.
17	Use a reset day.
18	Add one nourishing choice.
19	Review what works.
20	Repeat.
21	Weekly review.

Week 4 — Maintain

Day	Action
22	Choose your two anchors.
23	Prepare next week.
24	Track your progress.
25	Adjust one habit.
26	Protect recovery.
27	Plan maintenance.
28	Weekly review.

Days 29–30

Day	Action
29	Choose what continues.
30	Write your maintenance plan.

My Personal System

Habit	Cue	Minimum version	Reward
_____	_____	_____	_____
_____	_____	_____	_____