

Evening Wind-Down Tracker

The hour before bed decides how tomorrow morning goes.

MONTH

TARGET LIGHTS OUT

My wind-down, in order

STEP	WHAT IT IS	TIME
1		
2		
3		
4		
5		

Thirty-one days

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Screens off																															
Tomorrow prepped																															
Kitchen reset																															
Read																															
In bed on time																															
Whole routine																															

What the data says

NIGHTS I HIT LIGHTS OUT

WHAT PUSHES BEDTIME LATEST

Track the cause, not just the miss. "Phone in bed" written down eleven times is a much stronger argument than a vague feeling.