

Daily Foundation Tracker

Print and use weekly. Check off each habit daily until they become automatic.

Week of: _____

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning light (10 to 20 min)							
Sun breaks during the day							
Three nutrient-dense meals							
Movement after meals							
Slow nasal diaphragmatic breathing							
Hydrate between meals							
Blue-light blockers / screens off 2 hrs before bed							
Consistent bedtime in a cool, dark room							

Notes and observations this week: _____

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Continued. Weeks 3 and 4.

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