

21-Day Progress Tracker

Less than two minutes a day. After 21 days, your pattern is visible in your own handwriting.

Before You Start: Your Baseline

My usual bedtime:		Morning energy (1-10):	
My usual wake time:		Times I typically wake per night:	
How long awake at 3 AM:		Anything currently helping sleep:	

Week 1: Timing (Days 1-7)

Focus: Lock wake time, morning light, evening dim-down, bedtime ritual.

Day	Bedtime	Wake Time	Times Woke	Morning Light?	Notes
1					
2					
3					
4					
5					
6					
7*					

* Weekly review day

Best night this week:	
What was different about it:	
One thing to carry into next week:	

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Week 2: Physiology (Days 8-14)

Focus: Add cooling routine, adjust food and caffeine timing, manage evening fluids.

Day	Bedtime	Wake Time	Times Woke	New Change Tried	Notes
8					
9					
10					
11					
12					
13					
14 *					

** Weekly review day*

Best night this week:	
What was different about it:	
One thing to carry into next week:	

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Week 3: Conditioning (Days 15-21)

Focus: Strengthen bed associations, practice 3 AM script, apply 20-minute rule.

Day	Bedtime	Wake Time	Times Woke	Used 3 AM Protocol?	Notes
15					
16					
17					
18					
19					
20					
21 *					

** Weekly review day*

Average wake-ups per night now vs baseline:	
Longest continuous sleep this week:	
Top change that made the biggest difference:	