



7 Daily Energy Leaks Checklist

Daily Basics

- 7+ hours in a consistent sleep window
- Protein at breakfast; balanced plates at lunch/dinner
- 10 minute walk after 1–2 meals
- 1 glass of water with each meal + between meals
- 5 minute micro-break (2–3x/day)
- One simple boundary (no email after 8 pm or post-work walk)

Weekly Focus

- 3 bodyweight circuits (squats, push-ups, hinges, planks)
- 1 recovery day (mobility / gentle yoga / easy walk)
- Plan weekend meals using the plate blueprint
- One check-in with a partner or coach

Track One Metric (2-4 Weeks)

- Steps/day
- Bedtime window kept
- Protein at breakfast