

# Weekly Checklist: Food, Sleep, Stress

20 items on one page. Tick them off each day and count your score on Sunday. You do not need a perfect week: 14 out of 20 already makes a noticeable difference.

## Food

- ☐ **Protein at every meal:** eggs, yogurt, cottage cheese, fish, meat, beans. The minimum guideline is 0.8 g per kg of body weight (0.36 g per lb). With regular training it is usually 1.2–2.0 g per kg.
- ☐ **400 g (about 5 handfuls) of fruit and vegetables a day** (WHO guideline). Half the plate is vegetables at lunch and dinner.
- ☐ **25–30 g of fiber a day:** oats, beans, lentils, vegetables, whole-grain bread.
- ☐ **Under 5 g of salt a day** (about 1 teaspoon, WHO). Processed meat, cheese, sauces and instant noodles carry most of it.
- ☐ **Free sugars under 10% of calories** (about 50 g on 2,000 kcal). Swap sugary drinks for water or unsweetened tea.
- ☐ **Last meal 2–3 hours before bed.** A heavy dinner late at night makes it harder to fall asleep.

## Water and caffeine

- ☐ **Drink to thirst.** A pale yellow color is the target. There is no fixed "8 glasses" rule for everyone.
- ☐ **Caffeine up to 400 mg a day** (about 4 cups of brewed coffee, FDA and EFSA estimate). Last cup at least 8 hours before bed.
- ☐ **Alcohol:** less is better for sleep. WHO states there is no safe level of alcohol.

## Sleep

- ☐ **7–9 hours in bed** on most nights (AASM and SRS consensus: adults need at least 7).
- ☐ **Same wake-up time** every day. Keep weekends within one hour.
- ☐ **Morning light:** 10–15 minutes outside within the first 1–2 hours after waking.
- ☐ **Dark and cool:** blackout curtains or a mask, room at about 18–20 °C (65–68 °F).
- ☐ **Screens off 60 minutes before bed.** Read, shower or stretch instead.

## Stress and movement

- ☐ **20+ minute walk every day,** ideally without news in your earphones.
- ☐ **5 minutes of slow breathing:** in for 4 seconds, out for 6–8. It lowers tension right away.
- ☐ **One meal a day without a screen.**
- ☐ **Strength or cardio** at least 3 times a week for 30 minutes.
- ☐ **15 minutes for yourself** with no goal and no productivity.
- ☐ **Three lines at night:** what went well, what got in the way, what I do tomorrow.

|                      | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------|-----|-----|-----|-----|-----|-----|-----|
| Items done out of 20 |     |     |     |     |     |     |     |

**Important.** If your hair is falling out much more than usual, your skin has changed sharply, or you stay tired for several weeks, a checklist will not fix it. See a doctor and ask about blood tests: complete blood count, ferritin, vitamin D, TSH. Do not take supplements without test results.