

WEEK 1:2 CHECKLIST

Get 7-8 Hours of Sleep.

Create a Bedtime Routine.

***Turn the Lights Off/Low 1 Hour
Before Bed.***

Get to Bed by 10 PM.

***Hydrate With at Least 1/2 Your Body
Weight in Ounces of Mineralized H₂O.***

Decrease Your Alcohol Intake.

***Decrease Caffeine Intake, Especially
Diet Soda.***