

One day, three soft zones.

Eat something Take meds

IF NOTHING ELSE TODAY —

Move for 2 minutes

Morning
WHENEVER YOU'RE UP
one or two checks = counts

Water by the bed Open the blinds

Get dressed-ish One easy win

Midday
SOMEWHERE IN THE MIDDLE
one or two checks = counts

Lunch away from a screen Step outside

Drink some water Pick the next ONE task

Evening
BEFORE YOU FADE
one or two checks = counts

Eat dinner Tidy 5 things

Set out tomorrow Screens down

One day a week with nothing checked is allowed — on purpose. Tomorrow starts on a fresh sheet, no carry-over, no guilt.