

Circadian Tracker

From Satchin Panda's book, *The Circadian Code*

	What time did you wake up? With or without an alarm clock?	What time did you go to sleep?	What time did you take your first bite/sip of the day? (Other than water.)	What time did you take your last bite/sip of the day? (Other than water or herbal tea.)	What time did you shut off all screens?	What time did you exercise?
Monday	Time Alarm? Y / N					
Tuesday	Time Alarm? Y / N					
Wednesday	Time Alarm? Y / N					
Thursday	Time Alarm? Y / N					
Friday	Time Alarm? Y / N					
Saturday	Time Alarm? Y / N					
Sunday	Time Alarm? Y / N					

- If all six times change by +/- 2 hours or more over the course of the week (between workdays and of days), you have a lot of room for improvement. You will easily find at least one category to fix. Sometimes fixing one category will automatically bring a few others to within an appropriate range.
- Look at the total number of hours you spend sleeping each day. The National Sleep Foundation recommends adults get at least 7 hours per night, and children require at least 9 hours. If you are sleeping less and you are feeling tired in the morning, the first thing you should work on is getting to bed earlier or figuring out a schedule that allows for at least 30 more minutes of sleep in the morning. If you sleep more than 7 hours and still feel sleepy when you wake, perhaps your sleep quality is not up to mark. Remember, just 3 out of 7 days of poor sleep will throw off your best efforts.
- Look at the total number of hours your stomach is at work: Take the earliest you eat any day of the week, ignoring only one outlier number outside your "normal routine." That is the time period your gut is most likely staying ready to process food. If this number is more than 12, here's the good news: You have something to work on! And it will have one of the biggest impacts on your health for the rest of your life. And you're not alone: Only 10% of adults eat for 12 hours or less on a consistent basis without following a program such as this. People who can eat all their food within an 8- to 11-hour window most days will reap the most health benefits.
- Compare your last bite/sip with your bedtime. The difference ideally should be 3 hours or more.