14-day evening wind-down tracker

14-day evening wind-down tracker turns a broad intention into a sequence of actions you can record on paper. The 14 steps begin with observation, move into a small practical experiment, test an everyday constraint and finish with a review. Use the notes to choose your next action from evidence rather than a perfect streak. This two-week program builds a sequence, then tests it under different everyday constraints.

My goal:

Day 1 ◯	Day 2 ◯	Day 3 ◯	Day 4 ◯	Day 5 ◯
Day 6 ◯	Day 7 ◯	Day 8 ◯	Day 9 ◯	Day 10 ◯
Day 11 ◯	Day 12 ◯	Day 13 ◯	Day 14 ◯	

Mark completed days; after a missed day, continue with the current task.



Template page

Daily tasks and notes

▫ Day 1

Choose a signal that ends your working evening. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to choose a signal that ends your working evening, and which condition helped?

▫ Day 2

Give unfinished tasks a separate written list. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to give unfinished tasks a separate written list, and which condition helped?

▫ Day 3

Remove one unnecessary late phone alert. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to remove one unnecessary late phone alert, and which condition helped?

▫ Day 4

Prepare your bag or desk before resting. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to prepare your bag or desk before resting, and which condition helped?

▫ Day 5

Choose a quiet transition from work to rest. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to choose a quiet transition from work to rest, and which condition helped?

▫ Day 6

Find a comfortable lamp setting for reading. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to find a comfortable lamp setting for reading, and which condition helped?

Daily tasks and notes

▫ Day 7

Leave a short slot free of household tasks. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to leave a short slot free of household tasks, and which condition helped?

▫ Day 8

Try paper reading instead of a news feed. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to try paper reading instead of a news feed, and which condition helped?

▫ Day 9

Discuss tomorrow’s plans earlier in the evening. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to discuss tomorrow’s plans earlier in the evening, and which condition helped?

▫ Day 10

Design a brief setup for a late arrival home. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to design a brief setup for a late arrival home, and which condition helped?

▫ Day 11

Test your evening sequence on a weekend. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to test your evening sequence on a weekend, and which condition helped?

▫ Day 12

Write a portable version for travel. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to write a portable version for travel, and which condition helped?

Daily tasks and notes

▫ Day 13

Agree a boundary for work messages with your household. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to agree a boundary for work messages with your household, and which condition helped?

▫ Day 14

Keep two evening preparation actions that fit your life. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to keep two evening preparation actions that fit your life, and which condition helped?

Reflection and next step

How to use

1. Choose one personal goal for evening wind-down before you print. Describe an action you want to notice in everyday life, rather than an ambitious outcome you cannot check directly.
2. Keep the overview and task pages together somewhere you will see them. Read the next task in advance and reserve a realistic time slot, including a smaller backup slot for a busy day.
3. Mark the day after you try its action. Answer the note question in one concrete sentence: what you did, what happened, or which obstacle deserves another experiment.
4. After a missed day, keep your completed marks. Resume at the next unfinished task and change one practical condition that got in your way, such as timing, materials or the size of the action.

Which actions helped? What will I simplify next time? Which small step will I take tomorrow?

Keep practising

If you want more structured practice after evening wind-down, explore the available Sprintcourse mini-courses and choose a relevant direction. There is no dedicated course for this particular program yet. You can complete the tracker on its own without an account or subscription.

https://sprintcourse.com/en/templates/challenge-trackers/14-day-sleep/