7-day evening wind-down tracker

7-day evening wind-down tracker turns a broad intention into a sequence of actions you can record on paper. The 7 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 one-week program is an observation sprint: find a workable first action.

My goal:

Day 1 ◯	Day 2 ◯	Day 3 ◯	Day 4 ◯	Day 5 ◯
Day 6 ◯	Day 7 ◯			

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



Template page

Daily tasks and notes

▫ Day 1

Observe what you do before your evening rest. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to observe what you do before your evening rest, and which condition helped?

▫ Day 2

Identify a notification that keeps arriving late. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to identify a notification that keeps arriving late, and which condition helped?

▫ Day 3

Find a light you can comfortably dim. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to find a light you can comfortably dim, and which condition helped?

▫ Day 4

Set out tomorrow’s clothes and essentials earlier. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to set out tomorrow’s clothes and essentials earlier, and which condition helped?

▫ Day 5

Leave tomorrow’s work list outside your bedroom. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to leave tomorrow’s work list outside your bedroom, and which condition helped?

▫ Day 6

Try a quiet five-minute activity before bed. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to try a quiet five-minute activity before bed, and which condition helped?

Daily tasks and notes

☐ **Day 7**

Review evening notes without judging your sleep quality. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to review evening notes without judging your sleep quality, 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/7-day-sleep/