

CHRONOHACKING

Quick Start Toolkit



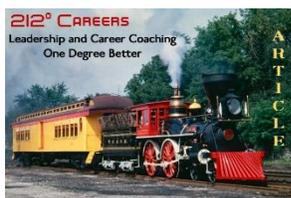
ChronoHacking Quick-Start Toolkit 5-Day Action Planner

This **ChronoHacking Quick-Start Toolkit** is your **5-day action planner** to help you **reset your circadian rhythm** and unlock deep, rejuvenating sleep, starting **tonight**. Use it to *apply* the principles from the full report with minimal guesswork.

Each day includes:

- A clear morning & evening routine
- Timed light, food, temperature, and supplement cues
- Space to reflect, tweak, and track progress

You can print this out, save it as a PDF, or turn it into a reusable Google Doc.



Scan the QR Code to visit 212-Careers.





Day 1: Anchor the Wake-Up

Goal: Set your body clock’s new wake time and lock it in with light and movement.

Morning Routine

- Wake up by: _____ **AM** (Target: 6:30–8:00 AM)
- Get 10–15 minutes of **outdoor light** within 30 minutes of waking
- Do light movement (e.g., walk, yoga): **Yes / No**
- Delay caffeine until: _____ **AM** (90 min after waking)

Evening Routine

- Last screen time: _____ **PM**
- Switch to **red/orange light** by: _____ **PM**
- In bed by: _____ **PM** (Target: 9:30–10:30 PM)

Reflection

How alert did you feel this morning?

What was your energy dip time?



Day 2: Add Cold + Light Sync

Goal: Reinforce your circadian rhythm with cold exposure and light discipline.

Morning Routine

- 10–15 min outdoor light
- Cold shower/plunge (2–3 min) after light: **Yes / No**
- Delay caffeine until: ____ **AM**

Evening Routine

- Lights dimmed by: ____ **PM**
- No screens after: ____ **PM**
- Optional cold exposure (1–3 hrs. before bed):
 - Cold shower
 - Cold pack
 - Foot soak

Reflection

Did cold exposure impact energy or sleep?

What time did sleepiness begin?



Day 3: Food Timing & Social Wind-Down

Goal: Use nutrition and connection to deepen sleep drive.

Morning Routine

- Eat first meal within 60 min of waking
- No caffeine after: **11:00 AM**

Evening Routine

- Dinner finished by: **6:30–7:00 PM**
- Light conversation or journaling before bed
- Supplement stack taken at ~9:00 PM:
 - Magnesium
 - L-theanine
 - Glycine
 - Apigenin
 - Low-dose melatonin (optional)

Reflection

Was your sleep onset easier or harder than yesterday?



Day 4: Deep Recovery Focus

Goal: Maximize parasympathetic activation and SWS (deep sleep).

Morning Routine

- Light + cold exposure
- No caffeine after **11:00 AM**

Evening Routine

- Switch to **red light** 2–3 hrs. before bed
- Perform 4-7-8 breathwork (4 sec in → 7 hold → 8 out)
- Light stretching or gratitude journaling
- Cool room setup: **Yes / No** (65–67°F / 18–19°C)

Reflection

Track how many times you woke at night: _____
How refreshed did you feel in the morning?



Day 5: Lock It In

Goal: Solidify your new circadian rhythm and identify your best sleep anchors.

Morning Routine

- Wake at target time
- Morning light + movement
- Reflect on your top 3 sleep enhancers this week:

1. _____
2. _____
3. _____

Evening Routine

- Follow the ideal wind-down stack
- Create your **personal Sleep Ritual**:
 - Light: _____
 - Breath: _____
 - Temp: _____
 - Mind: _____



Bonus Tracker: Circadian Alignment Scorecard

Day	Woke on time	AM light	No PM screens	Cold use	Sleep quality (1–10)
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Final Tip: Make It Stick

Choose just **3 habits** from this toolkit to **repeat daily** for the next 14 days. Consistency beats complexity.

My 3 Core Habits:

1. _____
2. _____
3. _____

Save this as your master reset plan.

Return to it anytime your sleep starts slipping again.

ChronoHacking is a rhythm—not a rulebook. Keep tuning your life to your biology.