



EVE'S 28-DAY RESET

Food - Sleep - Screen Time - Stress - CAFFEINE-FREE

A private daily journey designed to make healthy patterns visible - one day at a time.

THE FIVE DAILY SIGNALS

1. Nourish with real, balanced food
2. Protect a consistent sleep window
3. Use screens intentionally
4. Notice and regulate stress
5. Keep caffeine at **0 mg**



Eve's private page: [youtubefitness.com/eve](https://www.youtube.com/watch?v=93110000000000000000)

My 28-day intention



HOW TO USE THIS JOURNEY

This journal is a behavior-awareness tool, not a medical treatment plan. Track honestly rather than perfectly. A useful entry is one that helps Eve see patterns between food, sleep, screen use, stress and caffeine-free days.

Daily goal: collect data -> notice patterns -> make one small adjustment.

Area	What to record	Simple target
Food	Meals, protein/fiber-rich foods, hydration, hunger/fullness	Balanced meals; favor minimally processed foods
Sleep	Bedtime, wake time, estimated hours, quality 1-5	Adults generally need 7+ hours
Screen time	Total recreational hours + last screen before bed	Create a screen-free wind-down; turn devices off before bed
Stress	0-10 rating, trigger, body signal, coping action	Use a healthy coping action daily
Caffeine	Coffee, tea, energy drinks, pre-workout, soda, chocolate if relevant	Journey target: 0 mg/day

Baseline: what I want to change by Day 28



FOOD: BUILD A STEADY DAY

Use this page to focus on consistency rather than restriction. Build meals around vegetables/fruit, a protein source, whole grains or other fiber-rich carbohydrates, and satisfying fats when appropriate. Hydration and regular meal timing can also make energy patterns easier to interpret.

Plate check: COLOR + PROTEIN + FIBER + HYDRATION

Meal	What I ate	Hunger before 1-10	Fullness after 1-10	Energy 1-2 hrs later 1-5
Breakfast				
Lunch				
Dinner				
Snack(s)				

Food observations: cravings, digestion, mood, preparation wins



SLEEP: PROTECT THE RECOVERY WINDOW

Adults generally benefit from sufficient, consistent sleep. Regular bed/wake times, a quiet and comfortable sleep environment, and reducing electronic-device exposure before bedtime can support healthier sleep habits.

Tonight's sequence: DIM -> DISCONNECT -> DECOMPRESS -> SLEEP

Metric	Tonight	Notes
Target bedtime		
Actual lights-out		
Wake time		
Estimated sleep hours		
Sleep quality (1-5)		
Screens off before bed		
Morning energy (1-5)		

What helped or disrupted sleep?



SCREEN TIME: RECLAIM ATTENTION

Screen tracking is about intentional use, not guilt. Separate work or essential screen time from recreational scrolling, and create a screen-free wind-down before sleep.

Ask: Did this screen session serve a purpose - or steal my attention?

Window	Minutes	Purpose / app	How I felt after
Morning			
Midday			
Evening			
In bed			

One screen boundary I will practice tomorrow



STRESS: NOTICE -> IDENTIFY -> RESPOND

Stress is a normal response to challenges. Useful daily strategies may include movement, breathing or meditation, journaling, time outdoors, gratitude, and connecting with trusted people.

The goal is not zero stress. The goal is a healthier response.

Prompt	Reflection
Stress level right now (0-10)	
Main trigger / demand	
Where I feel it in my body	
What is in my control today?	
Healthy response I used	
What I can release	



CAFFEINE-FREE: 28 DAYS AT 0 MG

For this custom journey, Eve's target is zero caffeine. Caffeine can be found in coffee, many teas, energy drinks, some sodas, pre-workout products and chocolate. If someone regularly consumes substantial caffeine, abrupt cessation can cause withdrawal symptoms; a clinician can advise on an appropriate approach when needed.

Daily identity statement: I do not need caffeine to define my energy.

Check	Today
Coffee / espresso	■ 0 mg
Tea / matcha	■ 0 mg
Energy drinks / shots	■ 0 mg
Pre-workout / stimulant products	■ 0 mg
Caffeinated soda	■ 0 mg
Other source checked	■ 0 mg

Energy, headache, mood, cravings or other observations



WEEK 1 - OBSERVE

Complete one row each evening. Use the notes column for the day's biggest pattern, trigger, win or adjustment.

Day	Food quality 1-5	Sleep hours	Screen hours	Stress 1-10	Caffeine 0 mg	Win / note
1					■	
2					■	
3					■	
4					■	
5					■	
6					■	
7					■	

Weekly reflection: What improved? What repeated? What is my one change for next week?



WEEK 2 - STABILIZE

Complete one row each evening. Use the notes column for the day's biggest pattern, trigger, win or adjustment.

Day	Food quality 1-5	Sleep hours	Screen hours	Stress 1-10	Caffeine 0 mg	Win / note
8					■	
9					■	
10					■	
11					■	
12					■	
13					■	
14					■	

Weekly reflection: What improved? What repeated? What is my one change for next week?



WEEK 3 - STRENGTHEN

Complete one row each evening. Use the notes column for the day's biggest pattern, trigger, win or adjustment.

Day	Food quality 1-5	Sleep hours	Screen hours	Stress 1-10	Caffeine 0 mg	Win / note
15					■	
16					■	
17					■	
18					■	
19					■	
20					■	
21					■	

Weekly reflection: What improved? What repeated? What is my one change for next week?



WEEK 4 - OWN THE ROUTINE

Complete one row each evening. Use the notes column for the day's biggest pattern, trigger, win or adjustment.

Day	Food quality 1-5	Sleep hours	Screen hours	Stress 1-10	Caffeine 0 mg	Win / note
22					■	
23					■	
24					■	
25					■	
26					■	
27					■	
28					■	

Weekly reflection: What improved? What repeated? What is my one change for next week?



Compare Day 1 to Day 28. Look for direction, not perfection.

Area	Day 1	Day 28	What changed?
Food consistency			
Sleep hours / quality			
Recreational screen time			
Stress rating			
Caffeine		0 mg	
Energy / mood			

My 3 biggest lessons + next 28-day commitment

Private page: [youtubefitness.com/eve](https://www.youtube.com/channel/UC8vUwX0tYDQWzF7TjZGgR6A)