

Rule of Thumb	My Ideal Habit	Doable New Behavior	Cue
To Do	<i>Personalize; write down your Ideal Habit</i>	<i>List your options (prioritize later)</i>	<i>Link new behavior to existing routine, trigger, reminder.</i>
Morning Light After Waking 15-30 minutes within 1-2 hours 60 minutes close to a window or very bright indoor lights			
Evening Light Avoid bright & blues; use warm lights; dark bedroom			
First Bite/Sip of the day 2+ hours after waking (Min 1 hr)			
Last Bite/Sip of the Day 2-3 hours before bedtime			
TRE (Time Restricted Eating) 8-10 Hour eating window; 11-12 hour minimum			
Exercise/Movement Daily. 30+ min; outdoors ideal			
Sleep Optimization*	* Goto Sleep Hub Cross Check for overlapping habits to leverage (two-fers!)		
To Prepare	What is my ideal environment?	What can I do now?	What's missing that I'll set up?
My Celebration Options:	1.	2.	3.

Behavior model Informed by the Fogg Behavior Model and the ABC Method as described in "Tiny Habits. The Small Changes That Change Everything". Circadian Rules of Thumb based on Satchin Panda's recommendations in "The Circadian Code: Lose Weight, Supercharge Your Energy, and Transform Your Health from Morning to Midnight".