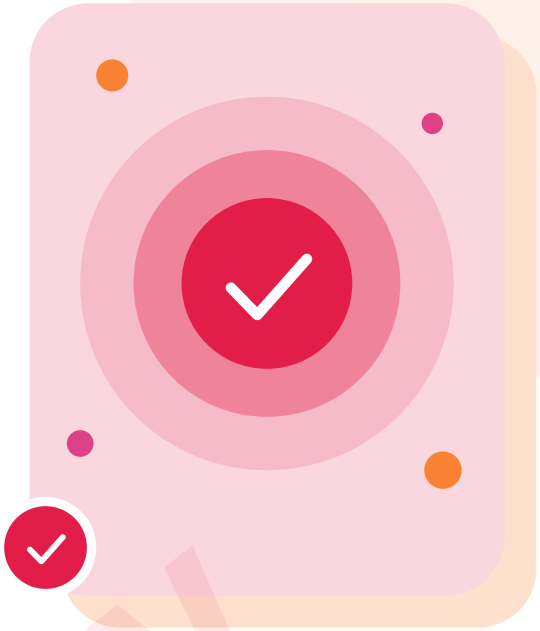
CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Breaking the Caffeine Habit

Reducing caffeine improves energy regulation and reduces dependency. Use this checklist to transition away from excessive caffeine intake.



10 steps · Print-ready A4

NAME	START	TARGET DATE

1 Track Your Current Intake

Record how many cups of coffee, tea, or energy drinks you consume daily.

TIP *Keep a log in a journal or use a tracking app to identify patterns.*

2 Gradually Reduce Intake

Cut back by half a cup or switch to lower-caffeine options like green tea.

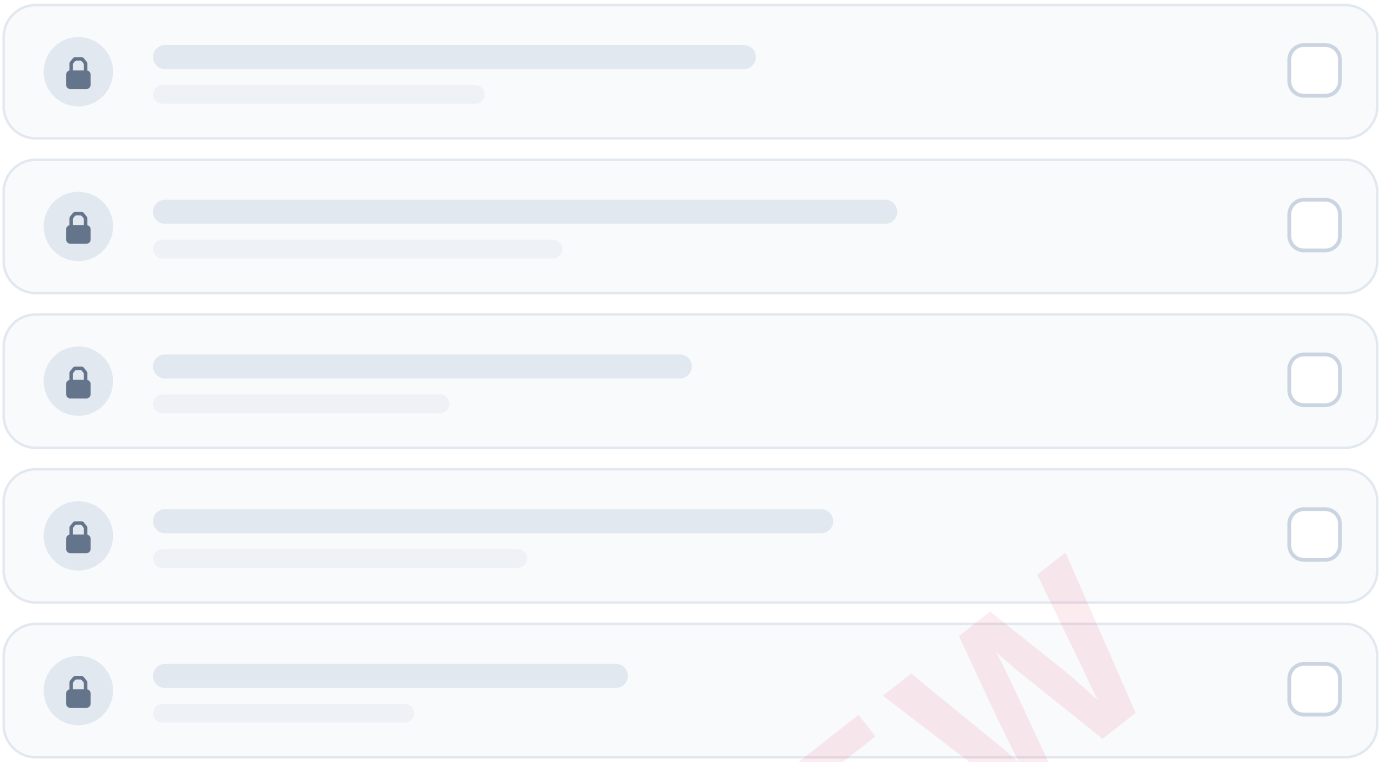
EXAMPLE *If you drink three cups daily, start by reducing to two and a half cups.*

3 Switch to Decaf

Transition to decaffeinated versions of your favorite drinks to maintain the ritual without the caffeine.

TIP *Experiment with different brands to find the best taste for you.*

PREVIEW



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PREVIEW