

Biohack Your Brain

by Kristen Willeumier

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

- ⁰¹ **Run a 7-Night Sleep Reset**

Set one lights-out time for the next week and protect the last hour before bed from work, social feeds, and bright screens. Treat sleep consistency as the first brain intervention, not the reward after productivity.

MON TUE WED THU FRI SAT SUN

- ⁰² **Create a Default Brain Breakfast**

Pick one easy breakfast or first meal that gives you protein, fiber, hydration, and minimal blood sugar chaos. Repeat it for five workdays so your mornings stop starting with nutritional improvisation.

MON TUE WED THU FRI SAT SUN

- ⁰³ **Walk Before Deep Work**

Insert a brisk 10-20 minute walk before one cognitively demanding block each day this week. Use movement as a focus primer and notice how much easier it is to start hard thinking afterward.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **Remove One Stress Amplifier**

Identify the loudest daily trigger that keeps your nervous system activated: constant notifications, chaotic mornings, late caffeine, doomscrolling, or an overloaded calendar. Cut one layer of it this week.

MON TUE WED THU FRI SAT SUN

- ⁰⁵ **Upgrade One Brain-Friendly Dinner**

Build one repeatable evening meal around whole foods, omega-3 support, leafy greens, and calmer digestion. The goal is less inflammation and a smoother handoff into recovery sleep.

MON TUE WED THU FRI SAT SUN

- ⁰⁶ **Audit Evenings Like a Scientist**

For three nights, track the sequence between dinner and bed: screens, stress, alcohol, snacks, conversations, and sleep time. Most people discover their brain fog starts the night before, not the morning after.