



# HEALTH AND WELLBEING CHECKLIST

Date 

3

## Breaking the Caffeine Habit

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

### 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.



### 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.



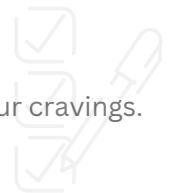
### Switch to Decaf

- Transition to decaffeinated versions of your favourite drinks to maintain the ritual without the caffeine.
- Tip: Experiment with different brands to find the best taste for you.



### Replace with Herbal Teas

- Choose caffeine-free alternatives like chamomile, peppermint, or rooibos to satisfy your cravings.
- Example: Make an evening ritual of sipping a soothing herbal tea to unwind.



### Stay Hydrated

- Drink water throughout the day to combat fatigue and prevent dehydration.
- Tip: Infuse your water with lemon, cucumber, or mint for added flavour and refreshment.



### Address Morning Habits

- Replace your morning coffee ritual with a brisk walk or stretching routine.
- Tip: Incorporate a nourishing breakfast to boost energy naturally.



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## Breaking the Caffeine Habit

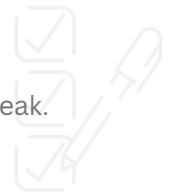
### Avoid Caffeine After Lunch

- Stop consuming caffeine after 2 PM to improve sleep quality and promote relaxation.
- Example: Swap your afternoon coffee with a caffeine-free chai latte or sparkling water.



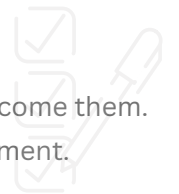
### Boost Energy Naturally

- Incorporate energising activities like deep breathing, light exercise, or a quick dance break.
- Tip: Use sunlight exposure during the day to regulate your body's natural energy cycle.



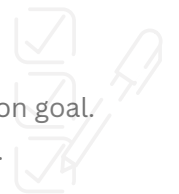
### Anticipate Withdrawal Symptoms

- Be prepared for headaches or fatigue during the transition and stay consistent to overcome them.
- Tip: Rest more during the first week of reducing caffeine to support your body's adjustment.



### Celebrate Progress

- Reward yourself for milestones, such as a caffeine-free week or achieving your reduction goal.
- Example: Treat yourself to a new mug or herbal tea blend to keep your motivation high.



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