

Eat Move Sleep

by Tom Rath

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 **Protein-First Breakfast for 7 Days**

Start the day with a protein-forward meal before reactive snacking begins. Track your late-morning cravings and focus quality.

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⁰² **10-Minute Walk After Lunch**

Use a short walk to blunt the afternoon dip. Keep pace brisk enough to raise breathing slightly, but easy enough to repeat daily.

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⁰³ **Set a Fixed Sleep Window**

Pick a realistic bedtime and wake time and keep both for one week, including weekends. Consistency is more important than dramatic optimization.

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⁰⁴ **Build a 3-Alarm Movement Rhythm**

Set three calendar cues for stand-up and stretch breaks during work blocks. Treat them as maintenance, not optional extras.

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⁰⁵ **Audit One Convenience Trigger**

Identify one place where convenience pulls you off plan (delivery apps, vending snacks, late-night scrolling), then redesign that default.

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⁰⁶ **Prepare Tomorrow in 12 Minutes**

Before bed, prep one meal component, one movement cue, and one sleep-protection boundary for the next day.