



The Daily Shutdown

SEVEN-DAY TRACKER

Instruction:

Run the close for seven days without changing anything else about your system.

Day	Closed the day?	What I noticed
Day 1	<input type="checkbox"/>	
Day 2	<input type="checkbox"/>	
Day 3	<input type="checkbox"/>	
Day 4	<input type="checkbox"/>	
Day 5	<input type="checkbox"/>	
Day 6	<input type="checkbox"/>	
Day 7	<input type="checkbox"/>	

Watch one signal: fewer loops at night, less work bleeding into the evening, a faster close, fewer 2am wakeups, more presence after hours.