

1 Name the Slump

Where is your energy right now, and what did lunch look like?

Energy right now: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 (1 = flat, 5 = sharp)

☐ Sugary or refined lunch ☐ Coffee after lunch ☐ Skipped or rushed lunch

2 Fix the Cause: Tomorrow's Lunch

Clean, whole foods. Real protein, vegetables, real carbs. Steady food, steady energy.

Protein: _____ Vegetables: _____

Real carb: _____ Water with it: _____

3 The Coffee Rule

No coffee after lunch. Coffee at 3 PM, your last of the day. Caffeine-sensitive? Skip it.

☐ No coffee after lunch ☐ Water first at 3 PM ☐ Coffee at 3 PM, last of the day

My last-coffee cutoff time: _____

4 Stand. Move for Sixty Seconds.

Not fitness. State change.

My 60-second move: _____

5 One Task. Two-Minute Start.

Pick one task and start it for two minutes. You can reassess after.

The task: _____

Started at: _____ ☐ Kept going past two minutes

4 PM CHECK

Did the slump pass faster than usual? ☐ Yes ☐ A bit ☐ Not yet

ANCHORS — "Clean lunch." "Coffee at 3 PM. Last one of the day." "Two-minute start."

Educational performance training only. Not medical or dietary advice. If you have a health condition or take medication, check with your doctor.