

14-DAY RESET CHALLENGE TRACKER



RESET YOUR CLOCK
IN 14 NIGHTS.



The 14-Day Reset Challenge Tracker

Your Structured Path to Mastering the 3AM Protocol

Welcome to Your 14-Day Reset Challenge

This tracker transforms the WeLUNOVA 3AM Reset Protocol from theory into daily practice.

For 14 consecutive nights, you'll:

- ✓ Use the protocol consistently
- ✓ Track your progress daily
- ✓ Celebrate small wins
- ✓ Build confidence in your ability to manage 3AM wake-ups

Why 14 days? Research shows it takes 10-14 repetitions for a new behavior to feel automatic. By day 14, the protocol becomes your default response—no thinking required.

Pre-Challenge Setup (Do This First)

Before Night 1, complete these preparations:

- ☐ Read the main eBook (at least Part II)
- ☐ Print the 3AM Emergency Protocol Card (keep bedside)
- ☐ Choose your default techniques:
 - CALM: _____
 - COOL: _____
 - RECONNECT: _____
- ☐ Optimize bedroom (temperature, light, bedside essentials)
- ☐ Set your "No Phone at 3AM" rule
- ☐ Tell partner/housemates you're doing a sleep protocol (if applicable)
- ☐ Set Start Date: _____

My 14-Day Commitment Statement:

"I commit to using the WeLUNOVA 3AM Reset Protocol for 14 nights.

I will track skill, not perfection. I will celebrate tiny wins."

Signed: _____ Date: _____

Your 14-Day Daily Tracker

Day	Date	3AM Wake?	Used Protocol?	Speed (0-2)	Calm (0-2)	Control (0-2)	Morning (0-2)	Notes / Win
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								

Legend: 3AM Wake (Y/N) | Used Protocol (Y/N) |
Speed/Calm/Control/Morning (0-2 points each)

Week 1 Check-In (After Day 7)

My Week 1 Average Reset Score: ____ / 8

What's working well:

What's challenging:

Most common 3AM trigger this week:

☐ Heat ☐ Cortisol/Anxiety ☐ Blood Sugar ☐
Thoughts ☐ Blend

My biggest win this week:

One adjustment for Week 2:

Celebration moment (even if small):

Week 2 Check-In (After Day 14)

My Week 2 Average Reset Score: ____ / 8

Overall score improvement from Week 1 to Week 2:
____ points

What improved the most:

What still needs work:

How many nights did I use the protocol? ____ / 14

How many nights did I avoid my phone at 3AM?
____ / 14

Most valuable part of the protocol for me:

☐ CALM ☐ COOL ☐ RECONNECT ☐ The sequence
itself ☐ Having a plan

My confidence level managing 3AM wake-ups now
(0-10): ____

(0 = no confidence, 10 = fully confident)

Three things I learned about myself:

1.

2.

3.

My commitment going forward:

Date completed: _____

Celebrate Your Milestones

Check off these milestones as you achieve them:

- ☐ Night 1 Complete: I used the protocol for the first time
- ☐ First Win: I reduced panic even if I didn't fall back asleep
- ☐ Protocol Consistency: 3 nights in a row using the sequence
- ☐ Phone Victory: 1 full week without touching my phone at 3AM
- ☐ Faster Return: I fell back asleep faster than usual
- ☐ Week 1 Complete: 7 nights of tracking and effort
- ☐ Reset Score Improvement: My score increased from Week 1 to Week 2
- ☐ Morning Stability: I had a steady morning after a rough night
- ☐ Protocol Automation: The sequence felt automatic (no thinking)
- ☐ Week 2 Complete: 14 nights of commitment

CHALLENGE COMPLETE!

Your Reward for Completing the 14-Day Challenge:

Remember: You didn't just track sleep for 14 days.
You trained a skill that you'll have for life.

