

# 30-Day Night Freedom Planner



# **30-Day Night Freedom Planner (Premium)**

Perimenopause Night Freedom — Bonus Pack

Premium editorial layout • Print-friendly • Built for real nights

## **How to Use This Planner**

Daily: 2 minutes. Weekly: 10 minutes. Track lightly, improve steadily.

## 30-Day Calendar

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### Week 1

Day \_\_\_\_ | Metabolic \_\_\_\_/10 | NeuroCalm \_\_\_\_/10 | Deep Sleep \_\_\_\_/10 | Chaos \_\_\_\_/100 | Win \_\_\_\_\_ | Tweak \_\_\_\_\_

Day \_\_\_\_ | Metabolic \_\_\_\_/10 | NeuroCalm \_\_\_\_/10 | Deep Sleep \_\_\_\_/10 | Chaos \_\_\_\_/100 | Win \_\_\_\_\_ | Tweak \_\_\_\_\_

Day \_\_\_\_ | Metabolic \_\_\_\_/10 | NeuroCalm \_\_\_\_/10 | Deep Sleep \_\_\_\_/10 | Chaos \_\_\_\_/100 | Win \_\_\_\_\_ | Tweak \_\_\_\_\_

Day \_\_\_\_ | Metabolic \_\_\_\_/10 | NeuroCalm \_\_\_\_/10 | Deep Sleep \_\_\_\_/10 | Chaos \_\_\_\_/100 | Win \_\_\_\_\_ | Tweak \_\_\_\_\_

Day \_\_\_\_ | Metabolic \_\_\_\_/10 | NeuroCalm \_\_\_\_/10 | Deep Sleep \_\_\_\_/10 | Chaos \_\_\_\_/100 | Win \_\_\_\_\_ | Tweak \_\_\_\_\_

Day \_\_\_\_ | Metabolic \_\_\_\_/10 | NeuroCalm \_\_\_\_/10 | Deep Sleep \_\_\_\_/10 | Chaos \_\_\_\_/100 | Win \_\_\_\_\_ | Tweak \_\_\_\_\_

Day \_\_\_\_ | Metabolic \_\_\_\_/10 | NeuroCalm \_\_\_\_/10 | Deep Sleep \_\_\_\_/10 | Chaos \_\_\_\_/100 | Win \_\_\_\_\_ | Tweak \_\_\_\_\_

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## Week 2

Day \_\_\_\_ | Metabolic \_\_/10 | NeuroCalm \_\_/10 | Deep  
Sleep \_\_/10 | Chaos \_\_/100 | Win \_\_\_\_\_ | Tweak \_\_\_\_\_

Day \_\_\_\_ | Metabolic \_\_/10 | NeuroCalm \_\_/10 | Deep  
Sleep \_\_/10 | Chaos \_\_/100 | Win \_\_\_\_\_ | Tweak \_\_\_\_\_

Day \_\_\_\_ | Metabolic \_\_/10 | NeuroCalm \_\_/10 | Deep  
Sleep \_\_/10 | Chaos \_\_/100 | Win \_\_\_\_\_ | Tweak \_\_\_\_\_

Day \_\_\_\_ | Metabolic \_\_/10 | NeuroCalm \_\_/10 | Deep  
Sleep \_\_/10 | Chaos \_\_/100 | Win \_\_\_\_\_ | Tweak \_\_\_\_\_

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Sleep \_\_/10 | Chaos \_\_/100 | Win \_\_\_\_\_ | Tweak \_\_\_\_\_

Day \_\_\_\_ | Metabolic \_\_/10 | NeuroCalm \_\_/10 | Deep  
Sleep \_\_/10 | Chaos \_\_/100 | Win \_\_\_\_\_ | Tweak \_\_\_\_\_

Day \_\_\_\_ | Metabolic \_\_/10 | NeuroCalm \_\_/10 | Deep  
Sleep \_\_/10 | Chaos \_\_/100 | Win \_\_\_\_\_ | Tweak \_\_\_\_\_

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### Week 3

Day \_\_\_\_ | Metabolic \_\_/10 | NeuroCalm \_\_/10 | Deep  
Sleep \_\_/10 | Chaos \_\_/100 | Win \_\_\_\_\_ | Tweak \_\_\_\_\_

Day \_\_\_\_ | Metabolic \_\_/10 | NeuroCalm \_\_/10 | Deep  
Sleep \_\_/10 | Chaos \_\_/100 | Win \_\_\_\_\_ | Tweak \_\_\_\_\_

Day \_\_\_\_ | Metabolic \_\_/10 | NeuroCalm \_\_/10 | Deep  
Sleep \_\_/10 | Chaos \_\_/100 | Win \_\_\_\_\_ | Tweak \_\_\_\_\_

Day \_\_\_\_ | Metabolic \_\_/10 | NeuroCalm \_\_/10 | Deep  
Sleep \_\_/10 | Chaos \_\_/100 | Win \_\_\_\_\_ | Tweak \_\_\_\_\_

Day \_\_\_\_ | Metabolic \_\_/10 | NeuroCalm \_\_/10 | Deep  
Sleep \_\_/10 | Chaos \_\_/100 | Win \_\_\_\_\_ | Tweak \_\_\_\_\_

Day \_\_\_\_ | Metabolic \_\_/10 | NeuroCalm \_\_/10 | Deep  
Sleep \_\_/10 | Chaos \_\_/100 | Win \_\_\_\_\_ | Tweak \_\_\_\_\_

Day \_\_\_\_ | Metabolic \_\_/10 | NeuroCalm \_\_/10 | Deep  
Sleep \_\_/10 | Chaos \_\_/100 | Win \_\_\_\_\_ | Tweak \_\_\_\_\_

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## Week 4

Day \_\_\_\_ | Metabolic \_\_/10 | NeuroCalm \_\_/10 | Deep  
Sleep \_\_/10 | Chaos \_\_/100 | Win \_\_\_\_ | Tweak \_\_\_\_

Day \_\_\_\_ | Metabolic \_\_/10 | NeuroCalm \_\_/10 | Deep  
Sleep \_\_/10 | Chaos \_\_/100 | Win \_\_\_\_ | Tweak \_\_\_\_

Day \_\_\_\_ | Metabolic \_\_/10 | NeuroCalm \_\_/10 | Deep  
Sleep \_\_/10 | Chaos \_\_/100 | Win \_\_\_\_ | Tweak \_\_\_\_

Day \_\_\_\_ | Metabolic \_\_/10 | NeuroCalm \_\_/10 | Deep  
Sleep \_\_/10 | Chaos \_\_/100 | Win \_\_\_\_ | Tweak \_\_\_\_

Day \_\_\_\_ | Metabolic \_\_/10 | NeuroCalm \_\_/10 | Deep  
Sleep \_\_/10 | Chaos \_\_/100 | Win \_\_\_\_ | Tweak \_\_\_\_

Day \_\_\_\_ | Metabolic \_\_/10 | NeuroCalm \_\_/10 | Deep  
Sleep \_\_/10 | Chaos \_\_/100 | Win \_\_\_\_ | Tweak \_\_\_\_

Day \_\_\_\_ | Metabolic \_\_/10 | NeuroCalm \_\_/10 | Deep  
Sleep \_\_/10 | Chaos \_\_/100 | Win \_\_\_\_ | Tweak \_\_\_\_

## Daily Full Check-In

Date: \_\_\_\_\_ Bedtime goal: \_\_\_\_\_

Metabolic Anchor (0–10): \_\_\_\_\_ NeuroCalm (0–10): \_\_\_\_\_

Deep Sleep (0–10): \_\_\_\_\_

Night Chaos Score (0–100): \_\_\_\_\_

My loudest pattern tonight: \_\_\_\_\_

One win: \_\_\_\_\_

One tweak for tomorrow: \_\_\_\_\_

## Weekly Review

Average Chaos Score: \_\_\_\_\_

Top trigger: \_\_\_\_\_

Top win: \_\_\_\_\_

One variable next week: \_\_\_\_\_

My 80/20 anchors: 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_



