



Not-To-Do List

Caution: Please download and save this PDF before you start typing.

Date Range: _____

#	What NOT to do	What to do instead	Why?	How long? When?	☒ Celebrate
Example	Looking at screens after 10pm.	Read a novel and Qigong exercise after 10pm.	To sleep better & longer	Weekdays, 10/19-10/23	✓
1					
2					
3					
4					
5					
6					