

Electric Life Daily Habit Awareness Tracker

Turning Awareness Into Daily Action

How to Use This

This is not about being perfect.

It's about becoming aware of the small habits that shape how your body feels.

Track what you can. Notice patterns. Improve gradually.

Movement & Position

Why This Matters

Your body adapts to the positions you spend the most time in.

Too much time in one position — even a “good” one — can lead to stiffness, tension, and compensation patterns.

- I changed positions regularly throughout the day
 - I avoided sitting for long, uninterrupted periods
 - I spent time moving (walking, light activity, etc.)
 - I got down to the floor and back up at least once
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Posture & Awareness

Why This Matters

Posture isn't about being perfect — it's about not staying stuck in the same position for too long. Awareness helps reduce unnecessary tension and allows your body to move more naturally.

- I checked in with my posture during the day
 - I avoided staying in one position too long
 - I noticed and released unnecessary tension
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Screen Time & Stimulation

Why This Matters

Constant screen use increases mental stimulation and often leads to prolonged stillness and poor positioning.

This can affect both your posture and your nervous system.

- I took breaks from screens throughout the day
 - I was aware of how long I spent on my phone
 - I reduced unnecessary scrolling or stimulation
 - I avoided excessive screen use before bed
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Sunlight & Environment

Why This Matters

Natural light and environmental changes support your circadian rhythm, energy levels, and overall nervous system function.

Staying indoors all day can contribute to fatigue and low energy.

- I spent time outside in natural light
 - I exposed my eyes (safely) to daylight early in the day
 - I changed environments (inside/outside) at least once
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Stress & Nervous System

Why This Matters

Your body reflects your nervous system state.

If you stay in a constant “on” mode, it often shows up as tension, tightness, and reduced recovery.

- I noticed when I felt tense or “on”
 - I took at least one moment to slow down or breathe
 - I gave myself space to relax during the day
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Recovery & Downregulation

Why This Matters

Your body needs time to shift out of stress mode and into recovery.

Without it, tension and fatigue can accumulate over time.

- I had a wind-down period at the end of the day
- I reduced stimulation before sleep
- I allowed my body to fully relax at least once

Reflection (Optional)

What did you notice today?

What felt better?

What felt off?

Key Reminder

You don't need to do everything — you just need to do something consistently.
