

Week 1

Day 1

Set your intention or goal for cutting caffeine

For example: Tegan's goal is to fully eliminate caffeine for a month. Why? She's curious if she can shift her baseline energy level to a higher point, give her body the chance to recalibrate, and give her liver a break. She'll add back matcha and tea, but 1 month caffeine free is her goal.

Download the "Daily Caffeine Tracker" from the Challenge page.

Start tracking how you feel! You'll get more in tune with your body if you track. Track your daily caffeine consumption (coffee, matcha, tea, chocolate, energy drinks...) in milligrams, if you can. Refer to our Caffeine Comparison Chart or try caffeineinformer.com. If that's too much, just write down the caffeinated foods and drinks you've had in the day.

Take note on how you feel throughout the day - mentally, physically, emotionally
Cues: tired, fatigued, unfocused, anxious, energized, focused, etc.

Day 2

First day cutting caffeine

Refer to the **Caffeine Cut Flow Chart** to find out the pace you should be cutting back on caffeine. It will depend on how much caffeine you're currently drinking and your goals for the challenge.

Slow down if you're finding too many symptoms of withdrawal! The most common symptom is headaches. A mild dull headache may be inevitable for 2-3 days, but if you feel a bad headache coming on, add back some caffeine! You've cut too much, too fast. If it's early enough in the day, have some caffeine right away. That should help the headache go away. For the rest of the week, add back half the caffeine that you cut. E.g. if you were drinking 2 medium drip coffees and 1 matcha (approx. 575 mg caffeine) everyday and you started the cut by going down to 2 matcha (150mg caffeine), change to 1 coffee + 1 matcha = 325mg to curb the symptoms.

Fill in the daily tracker at the end of the day!

Day 3-6

Let's keep it simple for these days.

Fill in your daily tracker each day and maintain the same amount of caffeine for the rest of week 1. Don't cut any more, even if you're not experiencing caffeine withdrawal symptoms. Slow and steady wins here!

Day 7

Get ready for week 2!

If you're on the Normal Cut, you'll be fully eliminating caffeine for week 2. If you're on the slow cut, you'll be moving to 50% of your pre-Challenge amount of daily caffeine. Check your email for the Week 2 guide.