

Week 2

Day 8

Reflect on Week 1

Review your daily trackers from Week 1. Have you seen improvement in your energy levels compared to the first few days? A few additional cues to pay attention to:

- has your sleep started to improve?
- are you starting to wake up easier and feel more awake without caffeine?
- how is your mood?

If you're seeing improvement and little caffeine withdrawal symptoms, you're likely good to make the next cut! It's up to you though. Decide if you want to delay a few days or even another week before cutting back further.

If you're on the Normal Cut, it's time to go to zero caffeine!

If you're on the Slow Cut, you'll now reduce your caffeine to 50% of your pre-challenge daily caffeine intake. Watch for caffeine withdrawal symptoms!

Reminder: Slow down if you're finding too many symptoms of withdrawal! A mild dull headache may be inevitable for 2-3 days, but if you feel a bad headache coming on, add back some caffeine and taper off from there.

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

Day 9-13

Let's keep it simple .

Fill in your daily tracker each day and maintain the same amount of caffeine for the rest of week 2.

Still feeling tired and sluggish? Keep going! Getting through the first two weeks is the hardest part. It takes time, but trust us that after the reset, you'll be feeling amazing and you won't be reliant on caffeine to focus and feel energized. Some tips:

Focus on eating nutritious meals and snacks consistently throughout your day. Check out our Recipes PDF on the challenge resource page for some great ones!

Seek out energizing adaptogens! These are caffeine-free herbs and mushrooms that defend our body against stress. There are different types of adaptogens - some calming, some more energizing. Here's a few I found extremely helpful during my caffeine cut:

Rhodiola - In times of stress, rhodiola can help increase your mental work capacity and help fight fatigue. It works well with Lion's mane

Lion's Mane - Known for its brain-supporting benefits like improving memory and reasoning, increasing focus.

Siberian Ginseng - Great for people who work long hours and are always on-the-go with activities (like parents, athletes, entrepreneurs, university students).

Maca - mood-boosting, provides an even and sustained energy boost without caffeine.

These are all common adaptogens and easily found in health food or supplement shops or at [Amodatea.com](https://amodatea.com)

Day 14

You made it to the last day of the Caffeine Reset Challenge. Congratulations! That was NOT easy, but you persisted. How are you feeling?

Fill in your daily tracker today and check your inbox for some next steps.