

The 14-Day Pattern Finder

Find out what's really behind your bad nights and flat days - with a pen, this sheet, and two honest weeks. No app required. No AI, ever. Just your own numbers.

- 1 Log daily - 60 seconds, tonight's page 2.**
Fill one row each morning. Circle, tick, done. Don't change any habits yet - week one is your honest baseline.
- 2 Pick ONE experiment - page 3.**
From day 8 (or after your baseline feels honest), change exactly one thing for the rest of the fortnight. One variable, or the math means nothing.
- 3 Do the math - page 4.**
Two averages, one subtraction. A gap of half a star or more across honest days is a real signal. That's the whole method.

THE HONESTY RULES

Flag weird days (sick, traveling, celebrations) and leave them out of your averages. Judge nothing by a single day. And this finds patterns, not diagnoses - persistent problems deserve a clinician.

Daily check-in sheet

Rate 1-5 by circling. Tick Y/N boxes. Flag = anything unusual (sick / travel / occasion) - flagged rows sit out of the math.

Day	In bed at	Hours	Rested ★	Caffeine after 2pm	Moved 20m+	Alcohol	Screens in bed	Stress	Energy	Mood	Flag
1			1 2 3 4 5	Y / N	Y / N	Y / N	Y / N	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	☐
2			1 2 3 4 5	Y / N	Y / N	Y / N	Y / N	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	☐
3			1 2 3 4 5	Y / N	Y / N	Y / N	Y / N	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	☐
4			1 2 3 4 5	Y / N	Y / N	Y / N	Y / N	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	☐
5			1 2 3 4 5	Y / N	Y / N	Y / N	Y / N	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	☐
6			1 2 3 4 5	Y / N	Y / N	Y / N	Y / N	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	☐
7			1 2 3 4 5	Y / N	Y / N	Y / N	Y / N	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	☐
EXPERIMENT STARTS - change your ONE thing from here (page 3)											
8			1 2 3 4 5	Y / N	Y / N	Y / N	Y / N	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	☐
9			1 2 3 4 5	Y / N	Y / N	Y / N	Y / N	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	☐
10			1 2 3 4 5	Y / N	Y / N	Y / N	Y / N	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	☐
11			1 2 3 4 5	Y / N	Y / N	Y / N	Y / N	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	☐
12			1 2 3 4 5	Y / N	Y / N	Y / N	Y / N	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	☐
13			1 2 3 4 5	Y / N	Y / N	Y / N	Y / N	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	☐
14			1 2 3 4 5	Y / N	Y / N	Y / N	Y / N	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	☐

Rested ★ is the number that matters most - how you feel 30 minutes after waking, not how long you were in bed. · claritips.com

Pick one experiment

PAGE 3 • CHANGE ONE THING ONLY

Choose the one that matches your worst symptom. Tick a compliance dot each day you kept the rule - an honest 10 of 14 beats a fudged 14 of 14.



No caffeine after 2 pm

BEST FOR: LIGHT, UNREFRESHING SLEEP

Same total coffee, earlier schedule. Swap the afternoon cup for decaf or a 10-minute walk. Expect withdrawal grumpiness on days 1-2; the second week is the honest one.

DAYS KEPT ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○



In bed before 11 pm

BEST FOR: GROGGY MORNINGS, DRIFTED SCHEDULE

Lights out by 11, and - the hard part - wake time steady seven days a week, weekends within 30 minutes. The wake time does most of the work.

DAYS KEPT ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○



20-minute walk, every day

BEST FOR: FLAT ENERGY, LOW MOOD

Any pace, any time before dinner - outdoors if possible (the light counts double). Rain plan: 20 minutes of anything that isn't sitting.

DAYS KEPT ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

OR WRITE YOUR OWN - ONE VARIABLE, ONE RULE

My experiment: _____

The rule I'll keep: _____ Start date: _____

The verdict worksheet

PAGE 4 • DAY 15, WITH COFFEE

Cross out flagged days first. Then: add up each column's circled scores, divide by the number of unflagged days. That's an average - the same math the app does.

MEASURE	BEFORE (DAYS 1-7) AVG	DURING (DAYS 8-14) AVG	GAP (DURING - BEFORE)
Rested ★			
Energy			
Mood			
Stress			

Reading your gap, honestly:

- ☐ **+0.5★ or more** - a real signal. Keep the habit; you've earned your verdict.
- ☐ **+0.2 to +0.5★** - promising but thin. Run the experiment a second fortnight before deciding.
- ☐ **Under +0.2★ (or negative)** - not your lever. That's a useful answer too: cross it off and test the next suspect.

MY VERDICT

The experiment: _____ The gap: _____★

What I'll do now: _____

Liked doing this on paper? The Claritips app is the same method with the math done for you - 60-second daily check-ins, automatic comparisons, and verdicts like "sleep during experiment: 4.1★ vs 2.9★ before." Tracking is free forever. claritips.com