



3-Day Burnout Quick-Check

A gentle first step toward noticing your own patterns

Burnout doesn't build up all at once. It collects quietly, day by day, until it's hard to remember what feeling like yourself felt like.

This simple 3-day tracker takes five minutes a day. No overwhelm, no overhaul — just a gentle way to notice your own patterns before they turn into a wall you hit.



Day 1

Just 5 minutes — no pressure, just noticing.

ENERGY CHECK-IN

Morning 1 2 3 4 5

Afternoon 1 2 3 4 5

Evening 1 2 3 4 5

SLEEP QUALITY

Last night 1 2 3 4 5

ONE STRESSOR THAT CAME UP TODAY

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.....

ONE THING THAT HELPED, EVEN A LITTLE

.....

.....

Today I felt most like myself when ____

.....

.....

Day 2

Just 5 minutes — no pressure, just noticing.

ENERGY CHECK-IN

Morning (1) (2) (3) (4) (5)

Afternoon (1) (2) (3) (4) (5)

Evening (1) (2) (3) (4) (5)

SLEEP QUALITY

Last night (1) (2) (3) (4) (5)

ONE STRESSOR THAT CAME UP TODAY

.....
.....

ONE THING THAT HELPED, EVEN A LITTLE

.....
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Today I felt most like myself when ____

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Day 3

Just 5 minutes — no pressure, just noticing.

ENERGY CHECK-IN

Morning 1 2 3 4 5

Afternoon 1 2 3 4 5

Evening 1 2 3 4 5

SLEEP QUALITY

Last night 1 2 3 4 5

ONE STRESSOR THAT CAME UP TODAY

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ONE THING THAT HELPED, EVEN A LITTLE

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Today I felt most like myself when ____

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You noticed. That's the hard part.

Now that you've started noticing your own patterns, you have something most burnout advice skips right past: real information about your own energy, sleep, and stress — not someone else's.

If you want to go deeper, the full Burnout & Cortisol Tracker gives you a longer, more complete way to track these patterns over time, spot trends, and start making changes before burnout takes over.

Ready for the full Burnout & Cortisol Tracker?

Find it in the Lifestyle Unlocked shop —

bylifestyleunlocked.com

A gentle note: this tracker is about everyday stress patterns, not a substitute for medical or mental health care. If what you're feeling has stuck around or feels heavier than “tired,” please talk to a doctor or therapist.