

The 7-Day Cortisol Pattern Tracker

Notice your patterns before you change a single thing.

HOW TO USE THIS TRACKER

1. Print all seven daily pages (or keep them on your tablet).
2. Each day, take 2–3 quiet minutes — morning, afternoon, and evening — to mark how you're actually feeling. No fixing, just noticing.
3. Be honest, not impressive. This page is only for you.
4. After day 7, turn to the reflection page and look for your patterns: the same wake-up window, the same craving hour, the same short fuse.
5. Choose ONE gentle shift based on what you found — not five.

Remember: you're gathering information, not grading yourself.

This tracker is for informational purposes only and is not medical advice. It cannot diagnose hormone levels or any condition. If your symptoms are persistent or worsening, please bring this tracker to a healthcare provider — a week of real patterns is useful information.

DAY 1

Date: _____

The Cortisol Pattern Tracker

MORNING CHECK-IN

I woke up at: _____

How rested I feel: ☐ ☐ ☐ ☐ ☐
drained rested

I woke during the night: ☐ yes ☐ no

If yes, around what time? _____

ENERGY THROUGH THE DAY (fill one circle per block: low → high)

Morning

☐ ☐ ☐ ☐ ☐

Midday

☐ ☐ ☐ ☐ ☐

Afternoon

☐ ☐ ☐ ☐ ☐

Evening

☐ ☐ ☐ ☐ ☐

CRAVINGS & APPETITE

I noticed cravings around: _____

For (sweet / salty / other): _____

MOOD & FUSE

Moments I felt on edge, snappy, or overwhelmed today:

Overall calm today: ☐ ☐ ☐ ☐ ☐
on edge at ease

EVENING CHECK-IN

Caffeine after 2 p.m.: ☐ yes ☐ no

Wind-down ritual tonight: ☐ yes ☐ no

Screens off / lights low by: _____

In bed by: _____

One thing my body might be telling me today:

DAY 2

Date: _____

The Cortisol Pattern Tracker

MORNING CHECK-IN

I woke up at: _____

How rested I feel: 
drained rested

I woke during the night: ☐ yes ☐ no

If yes, around what time? _____

ENERGY THROUGH THE DAY (fill one circle per block: low → high)

Morning



Midday



Afternoon



Evening



CRAVINGS & APPETITE

I noticed cravings around: _____

For (sweet / salty / other): _____

MOOD & FUSE

Moments I felt on edge, snappy, or overwhelmed today:

Overall calm today: 
on edge at ease

EVENING CHECK-IN

Caffeine after 2 p.m.: ☐ yes ☐ no

Wind-down ritual tonight: ☐ yes ☐ no

Screens off / lights low by: _____

In bed by: _____

One thing my body might be telling me today:

DAY 3

Date: _____

The Cortisol Pattern Tracker

MORNING CHECK-IN

I woke up at: _____

How rested I feel: 
drained rested

I woke during the night: ☐ yes ☐ no

If yes, around what time? _____

ENERGY THROUGH THE DAY (fill one circle per block: low → high)

Morning



Midday



Afternoon



Evening



CRAVINGS & APPETITE

I noticed cravings around: _____

For (sweet / salty / other): _____

MOOD & FUSE

Moments I felt on edge, snappy, or overwhelmed today:

Overall calm today: 
on edge at ease

EVENING CHECK-IN

Caffeine after 2 p.m.: ☐ yes ☐ no

Wind-down ritual tonight: ☐ yes ☐ no

Screens off / lights low by: _____

In bed by: _____

One thing my body might be telling me today:

DAY 4

Date: _____

The Cortisol Pattern Tracker

MORNING CHECK-IN

I woke up at: _____

How rested I feel: 
drained rested

I woke during the night: ☐ yes ☐ no

If yes, around what time? _____

ENERGY THROUGH THE DAY (fill one circle per block: low → high)

Morning



Midday



Afternoon



Evening



CRAVINGS & APPETITE

I noticed cravings around: _____

For (sweet / salty / other): _____

MOOD & FUSE

Moments I felt on edge, snappy, or overwhelmed today:

Overall calm today: 
on edge at ease

EVENING CHECK-IN

Caffeine after 2 p.m.: ☐ yes ☐ no

Wind-down ritual tonight: ☐ yes ☐ no

Screens off / lights low by: _____

In bed by: _____

One thing my body might be telling me today:

DAY 5

Date: _____

The Cortisol Pattern Tracker

MORNING CHECK-IN

I woke up at: _____

How rested I feel: ☐ ☐ ☐ ☐ ☐
drained rested

I woke during the night: ☐ yes ☐ no

If yes, around what time? _____

ENERGY THROUGH THE DAY (fill one circle per block: low → high)

Morning

☐ ☐ ☐ ☐ ☐

Midday

☐ ☐ ☐ ☐ ☐

Afternoon

☐ ☐ ☐ ☐ ☐

Evening

☐ ☐ ☐ ☐ ☐

CRAVINGS & APPETITE

I noticed cravings around: _____

For (sweet / salty / other): _____

MOOD & FUSE

Moments I felt on edge, snappy, or overwhelmed today:

Overall calm today: ☐ ☐ ☐ ☐ ☐
on edge at ease

EVENING CHECK-IN

Caffeine after 2 p.m.: ☐ yes ☐ no

Wind-down ritual tonight: ☐ yes ☐ no

Screens off / lights low by: _____

In bed by: _____

One thing my body might be telling me today:

DAY 6

Date: _____

The Cortisol Pattern Tracker

MORNING CHECK-IN

I woke up at: _____

How rested I feel: ☐ ☐ ☐ ☐ ☐
drained rested

I woke during the night: ☐ yes ☐ no

If yes, around what time? _____

ENERGY THROUGH THE DAY (fill one circle per block: low → high)

Morning

☐ ☐ ☐ ☐ ☐

Midday

☐ ☐ ☐ ☐ ☐

Afternoon

☐ ☐ ☐ ☐ ☐

Evening

☐ ☐ ☐ ☐ ☐

CRAVINGS & APPETITE

I noticed cravings around: _____

For (sweet / salty / other): _____

MOOD & FUSE

Moments I felt on edge, snappy, or overwhelmed today:

Overall calm today: ☐ ☐ ☐ ☐ ☐
on edge at ease

EVENING CHECK-IN

Caffeine after 2 p.m.: ☐ yes ☐ no

Wind-down ritual tonight: ☐ yes ☐ no

Screens off / lights low by: _____

In bed by: _____

One thing my body might be telling me today:

DAY 7

Date: _____

The Cortisol Pattern Tracker

MORNING CHECK-IN

I woke up at: _____

How rested I feel: ☐ ☐ ☐ ☐ ☐
drained rested

I woke during the night: ☐ yes ☐ no

If yes, around what time? _____

ENERGY THROUGH THE DAY (fill one circle per block: low → high)

Morning

☐ ☐ ☐ ☐ ☐

Midday

☐ ☐ ☐ ☐ ☐

Afternoon

☐ ☐ ☐ ☐ ☐

Evening

☐ ☐ ☐ ☐ ☐

CRAVINGS & APPETITE

I noticed cravings around: _____

For (sweet / salty / other): _____

MOOD & FUSE

Moments I felt on edge, snappy, or overwhelmed today:

Overall calm today: ☐ ☐ ☐ ☐ ☐
on edge at ease

EVENING CHECK-IN

Caffeine after 2 p.m.: ☐ yes ☐ no

Wind-down ritual tonight: ☐ yes ☐ no

Screens off / lights low by: _____

In bed by: _____

One thing my body might be telling me today:

Spot Your Pattern

Look back over your week. Patterns matter more than any single day.

My energy dipped most often around this time of day:

If I woke at night, it was usually around:

My cravings showed up most often at:

My fuse felt shortest when (time, situation, or person):

On nights I did my wind-down ritual, my next morning felt:

The pattern that surprised me most this week:

MY ONE GENTLE SHIFT

Based on my strongest pattern, the single small change I'll try for the next two weeks:

Foggy mornings → morning light • Afternoon crashes → protein breakfast • Restless nights → wind-down ritual • On edge → daily 5-minute

If your symptoms are persistent or worsening, bring this tracker to your doctor —
a week of real patterns is far more useful than trying to remember on the spot.

For informational purposes only — not medical advice, diagnosis, or treatment.

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