

Caffeine-Free Success Roadmap

Purpose: Your big-picture plan—keep this close to your vision.

Field	How to Fill It Out
Start Date	When your journey begins.
Goals	List 2–3 realistic goals (e.g., reduce caffeine by 50% in 2 weeks).
Milestones	Key points like “Day 7 caffeine-free,” “2 weeks of great sleep,” etc.
Support System	List people, apps, groups, or routines that help you stay on track.
Completion Date	Target date for achieving full caffeine freedom (or a major goal).

[illegible]