

My caffeine routine and replacement record

Record the occasion, label and what actually changed.

Review date

Usual drink, supplement or other caffeine source

Serving size and caffeine amount, if known

Usual time and intended sleep time

Goal and chosen replacement ingredients

Actual change and any withdrawal symptoms

Sleep, tiredness and other routine changes

Next question, review date or professional step

This record does not diagnose fatigue, clear stimulant use or set a safe dose.

Unknown caffeine amounts stay unknown; check product and medication labels.

Persistent fatigue, sleep concerns or restrictions need individual guidance.