Caffeine Tolerance Tracking Table

Date	Time	Beverage/Source	Caffeine (mg)	Mood *(e.g., focused, jittery, tired)*	Energy Level (1-10)	Sleep Quality *(Poor, Fair, Good)*	Notes *(e.g., effects, observations)*
YYYY-MM-DD	HH:MM AM/PM	Example: Black Coffee (8 oz)	Example: 95 mg	Example: Focused	Example: 8	Example: Good	Example: Felt more energized

How to Use the Tracker

1. **Record Your Intake:**

   o   Write down each caffeinated beverage or supplement you consume, including the time.

   o   Note the caffeine content (check labels or use an online database for reference).

2. **Observe Effects:**

   o   Track your mood and energy level after consuming caffeine.

   o   Use a scale of 1-10 to rate your energy level (1 = very low, 10 = very high).

   o   Note any physical or mental effects, such as increased focus, jitters, or crashes.

3. **Monitor Sleep:**

   o   Record your sleep quality for the day to determine if caffeine impacted your rest.

   o   Use descriptors like Poor, Fair, or Good.

4. **Reflect and Adjust:**

   o   Review your notes weekly to identify trends (e.g., times when caffeine works best for you or when it leads to negative effects).

   o   Adjust your caffeine intake and timing to suit your tolerance and goals.

Quick Tips for Managing Caffeine Tolerance

- **Cycle Your Caffeine:** Take 1-2 caffeine-free days per week to reset your tolerance.

- **Spread Intake:** Avoid consuming all your caffeine at once; spread it throughout the day.

- **Stay Hydrated:** Drink plenty of water alongside caffeinated beverages.

- **Avoid Late-Day Caffeine:** Stop consuming caffeine at least 6 hours before bedtime to ensure restful sleep.