

EXERCISE: Track Your Energy For a Week

Track your energy levels 3 times per day for 7 days

Energy Level: L = Low M = Medium H = High

Day	Time	Energy (L / M / H)	What I was doing right before	What affected this energy level
Monday	Morning			
	Noon			
	Evening			
Tuesday	Morning			
	Noon			
	Evening			
Wednesday	Morning			
	Noon			
	Evening			
Thursday	Morning			
	Noon			
	Evening			
Friday	Morning			
	Noon			
	Evening			
Saturday	Morning			
	Noon			
	Evening			
Sunday	Morning			
	Noon			
	Evening			

After one week, review patterns:

- What boosts my energy?

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- What drains my energy?
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