

<i>10</i>	<i>9</i>	<i>8</i>	<i>7</i>	<i>6</i>	<i>5</i>	<i>4</i>	<i>3</i>	<i>2</i>	<i>1</i>
-----rested and energized-----consider a microbreak-----consider a major break or nap-----very tired									

Instructions: Record the things you do during each day and in the small boxes record energy levels

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hours slept							
Morning Activity	rating	rating	rating	rating	rating	rating	rating
	rating	rating	rating	rating	rating	rating	rating
Lunch & Rest							
Afternoon Activity	rating	rating	rating	rating	rating	rating	rating
	rating	rating	rating	rating	rating	rating	rating
Evening Activity	rating	rating	rating	rating	rating	rating	rating
	rating	rating	rating	rating	rating	rating	rating
% of typical activity							