Track your Typical Energy Levels



Instructions: Give a number between +5 and -5 to your energy at every hour. 0 represents your average energy level. Mark it on the graph and join it up at the end to see your energy cycle

5																								
4																								
3																								
2																								
1																								
0																								
-1																								
-2																								
-3																								
-4																								
-5																								
	4am	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	12pm	1am	2am	3am