



Energy Level Chart

Tracking Your Energy Level

Use the Energy Ruler as a measure of your energy and place the number on the chart which describes your level of energy in the morning and during the day.

Energy Ruler



	SUN - MON	MON - TUE	TUE - WED	WED - THU	THU - FRI	FRI - SAT	SAT - SUN
HOW DID YOU FEEL WHEN YOU WOKE UP?							
HOW DID YOU FEEL DURING THE DAY?							
WERE YOU MORE ALERT IN THE MORNING OR EVENING?							