

Tracking | Energy Graph

1. Plot your usual daily energy level on the chart above with 0 = no energy and 10 = incredibly juiced in order to know your natural rhythms, as a baseline.
2. List key activities that you do on a regular daily basis below (e.g. Returning phone calls, planning, creative work, accounting, marketing, systems design, Web design, meeting with staff) and then estimate how much juice it requires.
3. Plan your key activities around appropriate energy levels.

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

Activity	Energy Required	Activity	Energy Required