

OPTIMIZING *Energy*



LIST OUT WHAT YOU DID AND HOW MUCH ENERGY YOU FEEL EACH HOUR OF THE DAY

TIME	1-10	WHAT DID YOU DO?	NOTES
12 am			
1 am			
2 am			
3 am			
4 am			
5 am			
6 am			
7 am			
8 am			
9 am			
10 am			
11 am			

When did you have the most energy in the morning and why?

When did you have the least energy in the morning and why?

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LIST OUT WHAT YOU DID AND HOW MUCH ENERGY YOU FEEL EACH HOUR OF THE DAY

TIME	1-10	WHAT DID YOU DO?	NOTES
12 pm			
1 pm			
2 pm			
3 pm			
4 pm			
5 pm			
6 pm			
7 pm			
8 pm			
9 pm			
10 pm			
11 pm			

When did you have the most energy in the evening and why?

When did you have the least energy in the evening and why?