

# ENERGY *Tracker*

Date: \_\_\_\_\_

MORNING ENERGY LEVEL

MY ENERGY LEVEL

PHYSICAL



MENTAL



EMOTIONAL



MOTIVATION



SLEEP QUALITY



## REFLECTION

What contributed to higher energy levels today? What drained your energy today? What could you do differently tomorrow?

# ENERGY *Tracker*

Date: \_\_\_\_\_

AFTERNOON ENERGY LEVEL

MY ENERGY LEVEL

PHYSICAL



MENTAL



EMOTIONAL



PRODUCTIVITY



SOCIAL INTERACTION



## REFLECTION

What contributed to higher energy levels today? What drained your energy today? What could you do differently tomorrow?

Blank space for reflection notes.

# ENERGY *Tracker*

Date: \_\_\_\_\_

EVENING ENERGY LEVEL

MY ENERGY LEVEL

PHYSICAL



MENTAL



EMOTIONAL



RELAXATION LEVEL



Preparedness for Tomorrow



## REFLECTION

What contributed to higher energy levels today? What drained your energy today? What could you do differently tomorrow?

Blank space for reflection notes.

# MOOD *Tracker*

## WEEKLY REVIEW

Average Physical Energy

Average Mental Clarity

Average Emotional State

Average Motivation Level

Average Sleep Quality

Average Productivity

Average Social Interaction

Average Relaxation Level

Preparedness for Tomorrow

## MY ENERGY LEVEL

