

Date:

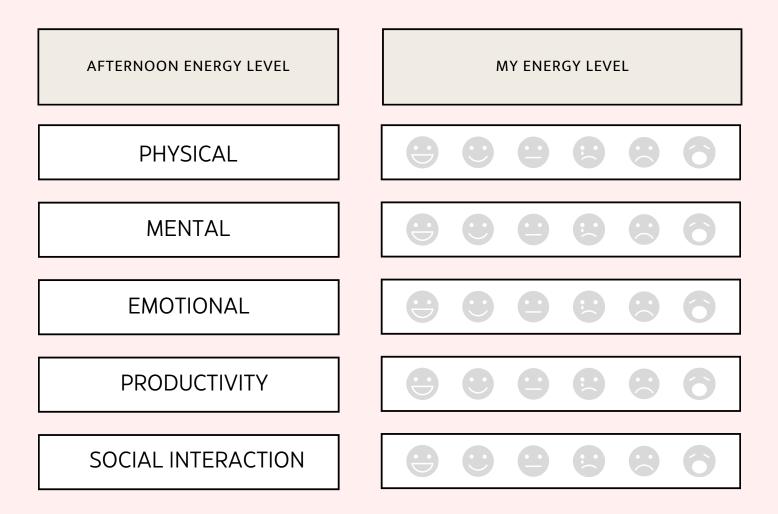
MORNING ENERGY LEVEL	MY ENERGY LEVEL
PHYSICAL	
MENTAL	99999 6
EMOTIONAL	
MOTIVATION	
SLEEP QUALITY	99999 6

REFLECTION

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



Date:



REFLECTION

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



Date:

EVENING ENERGY LEVEL	MY ENERGY LEVEL
PHYSICAL	
MENTAL	
EMOTIONAL	
RELAXATION LEVEL	
Preparedness for Tomorrow	99999 6

REFLECTION

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



WEEKLY REVIEW	MY ENERGY LEVEL
Average Physical Energy	
Average Mental Clarity	
Average Emotional State	e e e e e e
Average Motivation Level	
Average Sleep Quality	
Average Productivity	
Average Social Interaction	
Average Relaxation Level	9999 6
Preparedness for Tomorrow	e e e e e