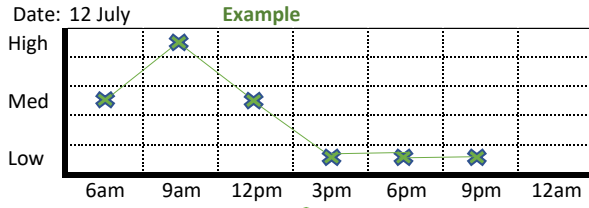


REST: Your 7 Day Tracker

This work sheet is designed to help you track your energy levels throughout the day for one week. If helpful, set reminders on your phone to mark a point on the graph, and connect the dots to see the peaks and valleys. What patterns do you notice? How might you adjust your schedule or planned tasks and activities to match your natural energy levels? When is the best time for you to take a break and rest?



In the above example it would appear that 9am is the best time to be productive. It is worth checking this across the whole week to be sure it's your most productive time. Use this info to 'power up' for your most important work. See how much of an impact it makes over time. Only score the 12am if you are awake!

