

Track Your Energy Levels: Key

- High Energy (Alert, focused, motivated)
- Moderate Energy (Can focus but may need breaks)
- Low Energy (Fatigued, easily distracted)

Time of Day	Energy Level (High, Med, Low)	Notes (How You Typically Feel)
Morning (6 – 10 AM)		
Late Morning (10 AM – 12 PM)		
Early Afternoon (12 – 3 PM)		

Late Afternoon (3 – 6 PM)		
Evening (6 – 9 PM)		
Night (9 PM – Midnight)		

Time of Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning (6 – 10 AM)							
Late Morning (10 AM – noon)							
Early Afternoon (12 – 3 PM)							
Late Afternoon (3 – 6 PM)							
Evening (6 – 9 PM)							
Night (9 PM – Midnight)							

Time of Day	Energy Level (High, Moderate, Low)	Writing Task
Morning (6 – 10 AM)		
Late Morning (10 AM – noon)		
Early Afternoon (12 – 3 PM)		
Late Afternoon (3 – 6 PM)		
Evening (6 – 9 PM)		
Night (9 PM – Midnight)		