

ENERGY TRACKER

	ENERGY LEVEL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1	HIGH 😊																															
2	NEUTRAL 😐																															
3	LOW 😞																															

Directions: Over the next 30 days track your energy levels. At the end of the month, take a global look at your month. Attempt to identify the patterns and notice what factors in your life are contributing to your score. Self-care during these various cycle dips can help foster overall well-being. You may need to track for a few months before a pattern emerges.

QUESTIONS TO CONSIDER

What factors contributed to my score?

Is it physical (poor sleep, poor nutrition)?

Is it relational (an argument with your partner, yelling at your child)?

Is it work related?

Is it home related?

Is it stress?

Is it related to the energy of external factors (i.e. menstrual cycle, full moon, end of the month deadlines, overall end of the week burnout?)



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