



Energy Log

Instructions: Place an "X" in the appropriate box, charting your energy level at various times of the day.
Do this for three typical workdays to find your times of optimum productivity.

	Morning							Afternoon					Evening						
Energy level at:	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12
Very High																			
High																			
Medium																			
Low																			
Very Low																			

	Morning							Afternoon					Evening						
Energy level at:	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12
Very High																			
High																			
Medium																			
Low																			
Very Low																			

	Morning							Afternoon					Evening						
Energy level at:	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12
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