

Simple energy diary

Use this diary to track your energy levels. Write the activity undertaken and rate your energy level 1-4 next to this. 1 is low energy, 4 is high.



| | Early morning | Mid morning | Late morning | | Early afternoon | Mid afternoon | Late afternoon | Evening |
|-----------|--------------------|-------------|--------------|-----------|-----------------|---------------|----------------|---------|
| Monday | Walked the dog (3) | | | Lunchtime | | | | |
| Tuesday | | | | | | | | |
| Wednesday | | | | | | | | |
| Thursday | | | | | | | | |
| Friday | | | | | | | | |
| Saturday | | | | | | | | |
| Sunday | | | | | | | | |