Weekly energy diary

Keep a short record of one ordinary week.

Week beginning

Pick a similar time each day. Score the energy you feel for the task at hand.
Use 1 for low, 3 for in between and 5 for high. Leave missed entries blank.

Day	Time	Score 1-5	What were you doing? What else was going on?
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Look back at the week

Which two entries are worth comparing? What was different?

What one small change will you try, and when will you check again?