

7-Day Energy Reset Tracker

Use this tracker to test simple habits that may boost your afternoon energy. Each day, record your wake time, bedtime, meals, and how your energy felt between 2–4 p.m. Try to keep your wake-up and bedtime consistent throughout the week.

Energy Scale (2–4 p.m.):	
1 = exhausted, hard to focus	
2 = low energy, sluggish	
3 = okay, somewhat alert	
4 = good focus and energy	
5 = energized and steady	

[illegible]