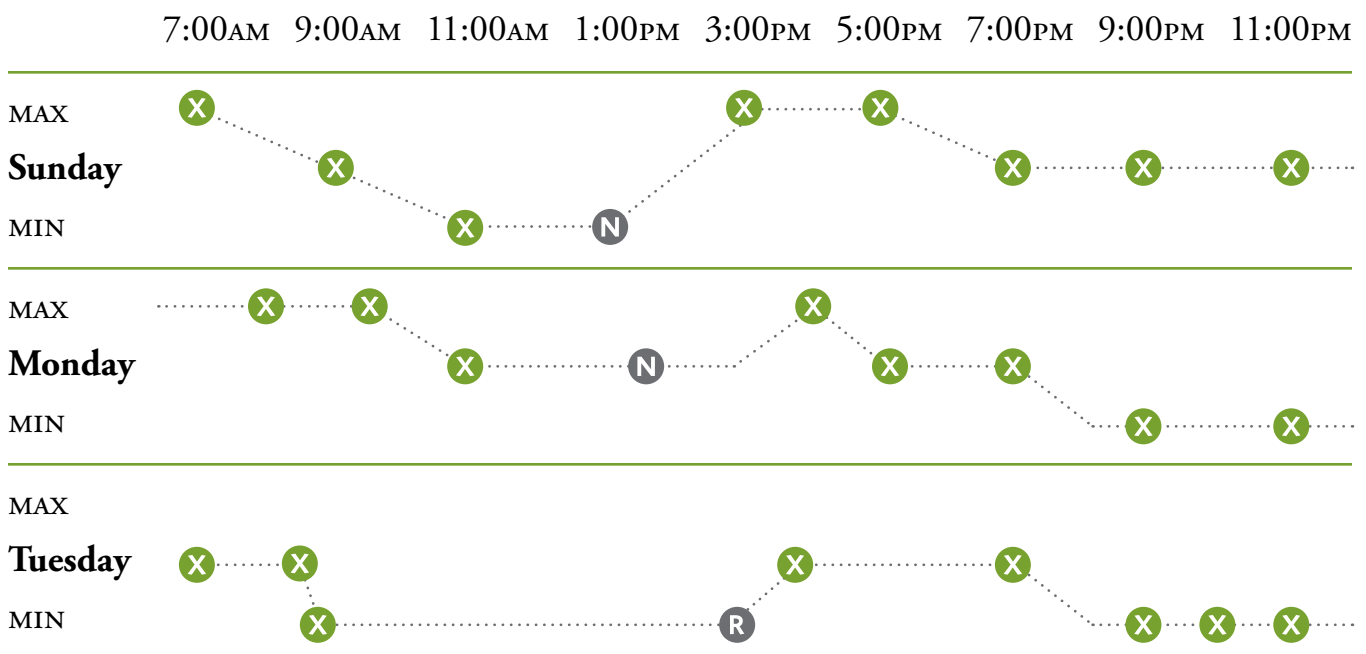


APPENDIX A

Energy diary

Instructions & sample energy diary

1. At each time during the day, place an **X** to indicate whether your energy level is very high (maximum), very low (minimum) or somewhere in between.
2. Indicate a rest period (without sleep) by placing an **R** in the appropriate time period.
3. Indicate a nap (sleep) by placing an **N** in the appropriate time period.
4. At the end of the week, draw a line connecting all of the **X** marks for a given day. Compare the energy lines for all of the seven days to see if your energy pattern is consistent across days, or if it varies from one day to the next. Look to see if rests or naps enhance your energy level.



Your energy diary

7:00AM 9:00AM 11:00AM 1:00PM 3:00PM 5:00PM 7:00PM 9:00PM 11:00PM

MAX

Sunday

MIN

MAX

Monday

MIN

MAX

Tuesday

MIN

MAX

Wednesday

MIN

MAX

Thursday

MIN

MAX

Friday

MIN

MAX

Saturday

MIN
