

Energy Manager: Visual Diary for Activity, Rest and Sleep (Chart)

Date	Morning						Afternoon					Evening						Night						
	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
Mon	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	Have Period of Rest	High Energy Activity	Low Energy Activity	Low Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	Feel Crushed	Feel Crushed	Feel Crushed	Feel Crushed	Feel Crushed	Feel Crushed	Disturbed Sleep	Disturbed Sleep	Disturbed Sleep
Tue	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	Feel Crushed	Feel Crushed	Feel Crushed	Feel Crushed	Feel Crushed	Feel Crushed	Disturbed Sleep	Disturbed Sleep	Disturbed Sleep
Wed	High Energy Activity	High Energy Activity	High Energy Activity	Have Period of Rest	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	Feel Crushed	Feel Crushed	Feel Crushed	Feel Crushed	Feel Crushed	Disturbed Sleep	Disturbed Sleep	Disturbed Sleep	
Thur	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	Low Energy Activity	Low Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	Low Energy Activity	High Energy Activity	High Energy Activity	Feel Crushed	Feel Crushed	Feel Crushed	Feel Crushed	Feel Crushed	Disturbed Sleep	Disturbed Sleep	Disturbed Sleep	
Fri	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	Have Period of Rest	High Energy Activity	Feel Crushed	Feel Crushed	Feel Crushed	Feel Crushed	Disturbed Sleep	Disturbed Sleep	Disturbed Sleep	
Sat	High Energy Activity	Have Period of Rest	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	Low Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	Feel Crushed	Feel Crushed	Feel Crushed	Feel Crushed	Feel Crushed	Disturbed Sleep	Disturbed Sleep	Disturbed Sleep	
Sun	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	Have Period of Rest	High Energy Activity	High Energy Activity	High Energy Activity	High Energy Activity	Feel Crushed	Feel Crushed	Feel Crushed	Feel Crushed	Feel Crushed	Disturbed Sleep	Disturbed Sleep	Disturbed Sleep	
Color Key	High Energy Activity		High Energy Activity		Medium Energy Activity		Low Energy Activity		Low Energy Activity		Have Period of Rest		Have Period of Rest		Feel Crushed	Feel Crushed	Deep Sleep	Deep Sleep	Deep Sleep	Deep Sleep	Disturbed Sleep	Disturbed Sleep	Disturbed Sleep	