

VITALITY AUDIT AT A GLANCE

Using the graph below, plot your energy levels from the previous page, so you can track your energy across the course of at least 2 days. More if you can!

Use a different colour pen to signify a new day.

Don't forget to make notes about your sleep the night prior. It will make a big impact.

ENERGY LEVEL	DATE: _____									
10										
9										
8										
7										
6										
5										
4										
3										
2										
1										
TIME										

When was your ENERGY THE HIGHEST? What were you doing at these times?

When was your ENERGY THE LOWEST? What were you doing at these times?

What NEW INSIGHTS do you have about how to increase your vitality and manage your energy levels?
