



You can think about your vitality as the amount of energy you have during the day. The idea of the Vitality audit is to increase your awareness around your changing energy levels throughout the day and to offer insight into where you spend your time thinking, creating and doing to maximise your output.

Track your energy level each hour starting when you wake up. Make a note of any specific factors that might be relevant to your energy in the right column. Set an alarm on your phone or computer to remind you so you don't miss an hour, however if you do - get back on track as soon as possible.

DATE: _____

[illegible]

IN THE ENERGY LEVEL COLUMN HERE IS YOUR KEY:

1-2
VERY LOW

6
MODERATE

3-4
LOW

7-8
HIGH

5
NEUTRAL
9-10
VERY HIGH