



Energy and recovery tracker (weekly)

Rate your energy from 0 (empty) to 10 (full) in the morning and the evening, note the main demands of the day, and what helped you recover. Patterns over a few weeks are more useful than any single day.

DAY	ENERGY MORNING	MAIN DEMANDS (WORK, SOCIAL, SENSORY, CHANGE)	WHAT HELPED ME RECOVER	ENERGY EVENING
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

This week, one demand I could reduce: _____ One recovery activity to protect: _____