



# Energy Diary

## - EXAMPLE -

Date  29/02/2023

Hours slept last night: 8h

Time & Activity	Energy Level Negative ----- Positive	Engagement Level Low----- High (Flow?)	Mood (optional) 1---10	Other notes! (How did you feel?)
08:00-08:30 Out for a run	N-----X-----P	L-----X-----H (F)	1-----X---10 7	
09:00 Checking emails	N----X-----P	L----X-----H (F)	1---X-----10 3	
10:15 Meeting students	N-----X---P	L-----X---H (F)	1-----X---10 7	
12:00 Doing Tai Chi	N-----X---P	L-----X-H (F)	1-----X-10 9	
17:00 Meeting friends (Mary)	N-----P	L-----H (F)	1-----10	
	N-----P	L-----H (F)	1-----10	