



A FIVE-DAY ENERGY AUDIT

When we measure, we become more aware of what is going well and what improvements are needed. Completing the five-day energy audit will give you a wealth of information about the energy levels you experience typically... on a daily basis.

For five consecutive days, starting when you get up in the morning, estimate your energy level approximately every two hours throughout the day. Each time slot since 10% of your day.

Check only one energy cell for each slot and add up your checks to determine what percentage of the day is spent on the high positive, low positive, high negative and low negative energy levels.

Time of Day	HIGH POS	LOW POS	HIGH NEG	LOW NEG
5am – 7am				
7am - 9am				
9am – 11am				
11am – 1pm				
1pm – 3pm				
3pm – 5pm				
5pm – 7pm				
9pm – 11pm				
11pm – 1am				
TOTALS				

Now, at the end of each day ask and the record the answers to 2 questions:

1. What went well today?

2. What improvements do I need to make?
