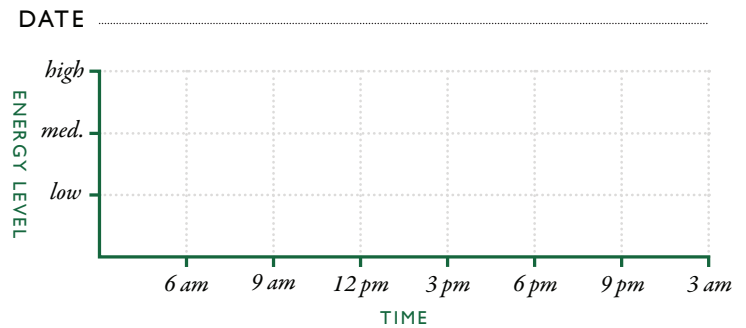
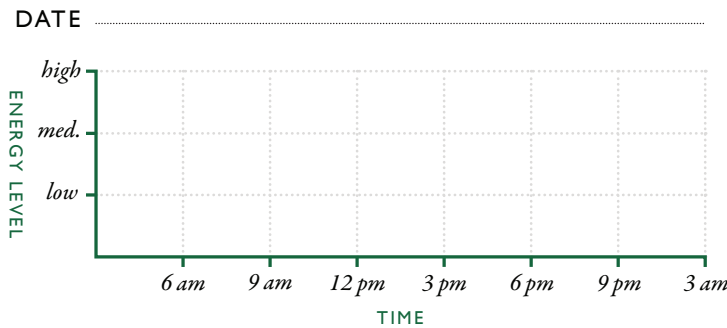
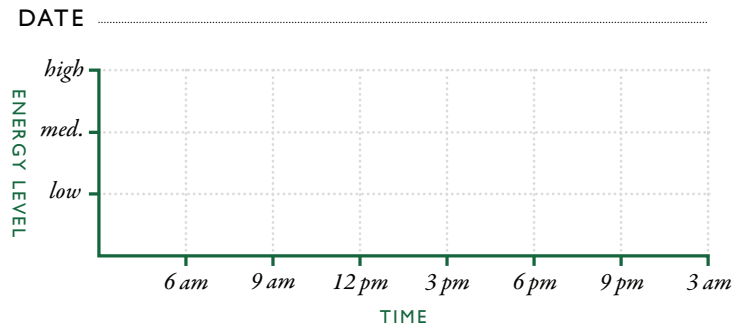
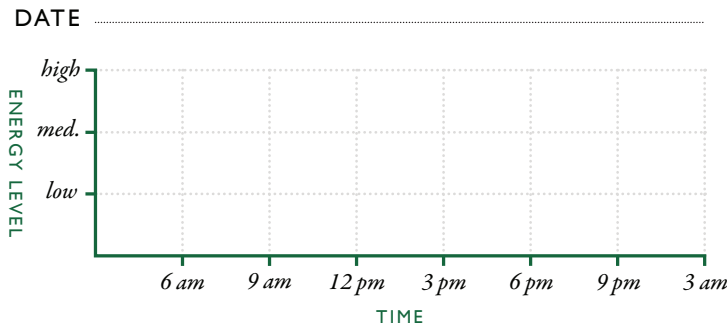
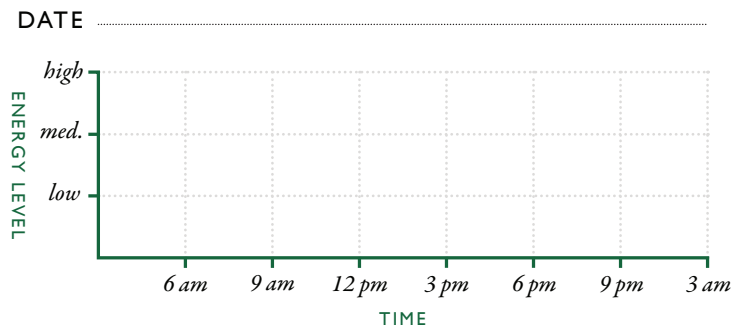
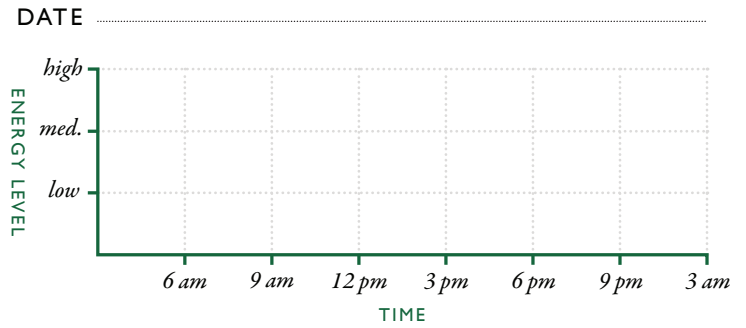
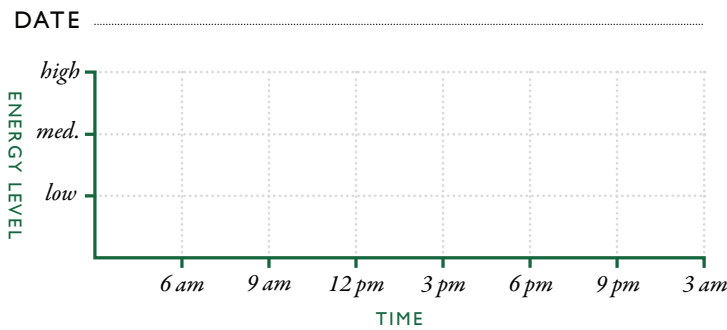


Rest

This worksheet is designed to help you track your energy levels throughout the day for one week. If helpful, set reminders on your phone to mark a point on the graph, and connect the dots to see the peaks and valleys. What patterns do you notice? How might you adjust your schedule or plan tasks and activities to match your natural energy levels? When is the best time for you to take a break and rest?



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