



The Rhythm of Energy

Understanding Fatigue,
Focus, and Metabolism

The Rhythm of Energy: 14-Day Awareness Log

Step 1 — Track (Days 1–7)

- Record your energy (0–10) and clarity (0–10) in the morning, afternoon, and evening.
- Note your bedtime, wake time, movement, caffeine, and meal timing.

Step 2 — Reflect (After 7 Days)

- Look for patterns. Do energy dips follow short sleep, skipped meals, or caffeine?

Step 3 — Adjust (Week 2)

- Choose one thing to stabilize — bedtime, meals, or post-meal walks.
- Notice how your energy and focus respond.

Day	Morning Energy (0–10)	Afternoon Energy (0–10)	Evening Energy (0–10)	Brain Clarity (0–10)	Bedtime	Wake Time	Movement (Y/N)	Caffeine (Time + Amount)	Meal Timing / Notes
1									
2									
3									
4									
5									
6									
7									

Page 2 — Days 8–14 & Reflections

Day	Morning Energy (0–10)	Afternoon Energy (0–10)	Evening Energy (0–10)	Brain Clarity (0–10)	Bedtime	Wake Time	Movement (Y/N)	Caffeine (Time + Amount)	Meal Timing / Notes
8									
9									
10									
11									
12									
13									
14									

Reflection — After 14 Days

Use this space to review your patterns and insights:

- What trends do you notice between your sleep, meals, and energy levels?
- What times of day do you consistently feel your best — or most drained?
- Which one behavior change could help restore rhythm next week?
- How does your body respond when you're consistent with rest or nutrition?

