

Energy diary

Monday	Sleep	Exercise	Food & drink	Other	Work	Relationships	Leisure time
Planned							
How it turned out							
Summary of the day							

Tuesday	Sleep	Exercise	Food & drink	Other	Work	Relationships	Leisure time
Planned							
How it turned out							
Summary of the day							

Wednesday	Sleep	Exercise	Food & drink	Other	Work	Relationships	Leisure time
Planned							
How it turned out							
Summary of the day							

Thursday	Sleep	Exercise	Food & drink	Other	Work	Relationships	Leisure time
Planned							
How it turned out							
Summary of the day							

Friday	Sleep	Exercise	Food & drink	Other	Work	Relationships	Leisure time
Planned							
How it turned out							
Summary of the day							

Saturday	Sleep	Exercise	Food & drink	Other	Work	Relationships	Leisure time
Planned							
How it turned out							
Summary of the day							

Sunday	Sleep	Exercise	Food & drink	Other	Work	Relationships	Leisure time
Planned							
How it turned out							
Summary of the day							