Monthly Energy and Activity Tracker		Month:																														
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Hrs of Sleep	**11 +**																															
	9 - 10																															
	7 - 8																															
	5 - 6																															
	4 or less																															
Mood	**amazing**																															
	good																															
	average																															
	down																															
	depressed																															
Energy level	**high**																															
	moderate																															
	average																															
	low																															
	none																															
more activity in the AM than the PM?																																
took all supplements on time?																																
ate energy rich foods in AM (protein/fats)?																																
ate gluten/sugar?																																
grounded today?																																
significant events/ stressors																																