



SHIFT

Daily Energy Tracker

WORKSHEETS BY SHIFT COLLAB

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Daily Energy Tracker

Use this chart to map your energy across the day. Shade in or rate your energy level (1 = very low, 5 = very high). Do this for at least 3 days.

TIME OF DAY	ENERGY (1-5)	WHAT WERE YOU DOING, HOW DID YOU FEEL?
Morning (7-10am)	<div>12345</div>	
Late Morning (10-12pm)	<div>12345</div>	
Early Afternoon (12-3pm)	<div>12345</div>	
Late Afternoon (3-6pm)	<div>12345</div>	
Evening (6-9pm)	<div>12345</div>	
Night (9-11pm)	<div>12345</div>	

Patterns & Insights

AFTER TRACKING A FEW DAYS, REFLECT:

When do I usually feel most focused and alert?

When do I feel low energy or easily distracted?

Do meals, sleep, exercise, or social interactions affect my energy?

Are there consistent “slumps” during my week?

Aligning Tasks with Energy

Match tasks to your natural energy flow.

ENERGY LEVEL	TASKS
HIGH-ENERGY TIMES	<i>studying, writing, problem-solving, big decisions.</i>
MEDIUM-ENERGY TIMES	<i>group work, chores, errands, organizing.</i>
LOW-ENERGY TIMES	<i>relaxation, light reading, creative hobbies, self-care.</i>

Action Plan

Fill in below:

- My best time for focus work is:

- I'll protect this time by:

- I notice my energy dips around:

- During those times, I can (ex: stretch, take a walk, do easier tasks):

Gentle reminder: Energy mapping isn't about being productive all the time, it's about noticing your body's rhythms and giving yourself permission to rest when needed.