

Own Your Energy

7-Day Energy Tracking Template

How to Use This Template

Instructions

1. Rate your energy 1-10 three times daily (morning, afternoon, evening)
2. Note what you were doing, what you ate or drank, and your previous night's sleep quality
3. Use the Notes column for anything that stands out. Stress, symptoms, mood, social activity
4. After 3-5 days, look for patterns, don't wait for the full week
5. Approach this with curiosity, not judgment. It's data, not a report card

What to Look For

Time of day patterns

When is your energy consistently higher or lower?

Food & hydration connections

Does skipping breakfast or going too long without eating affect your energy?

Sleep impact

How does the previous night's sleep affect the next day's energy?

Activity & rest balance

Which activities cost the most energy? What genuinely restores you?

Day	Time	Energy (1-10)	What I Was Doing	Food & Hydration	Sleep Quality	Notes / Observations
<i>Rate 3x daily</i>		<i>1 = exhausted 10 = full energy</i>	<i>Activity level, type, duration</i>	<i>Meals, snacks, water intake</i>	<i>Hrs + quality</i>	<i>Patterns, symptoms, stress, mood</i>
Day 1	Morning					
	Afternoon					
	Evening					

Day	Time	Energy (1-10)	What I Was Doing	Food & Hydration	Sleep Quality	Notes / Observations
Day 2	Morning					
	Afternoon					
	Evening					
Day 3	Morning					
	Afternoon					
	Evening					
Day 4	Morning					
	Afternoon					
	Evening					
Day 5	Morning					
	Afternoon					
	Evening					
Day 6	Morning					

Day	Time	Energy (1-10)	What I Was Doing	Food & Hydration	Sleep Quality	Notes / Observations
Day 7	Afternoon					
	Evening					
	Morning					
	Afternoon					
	Evening					

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Questions? Book a free discovery call at <https://vibly.io/experts/joel-riciputi/>