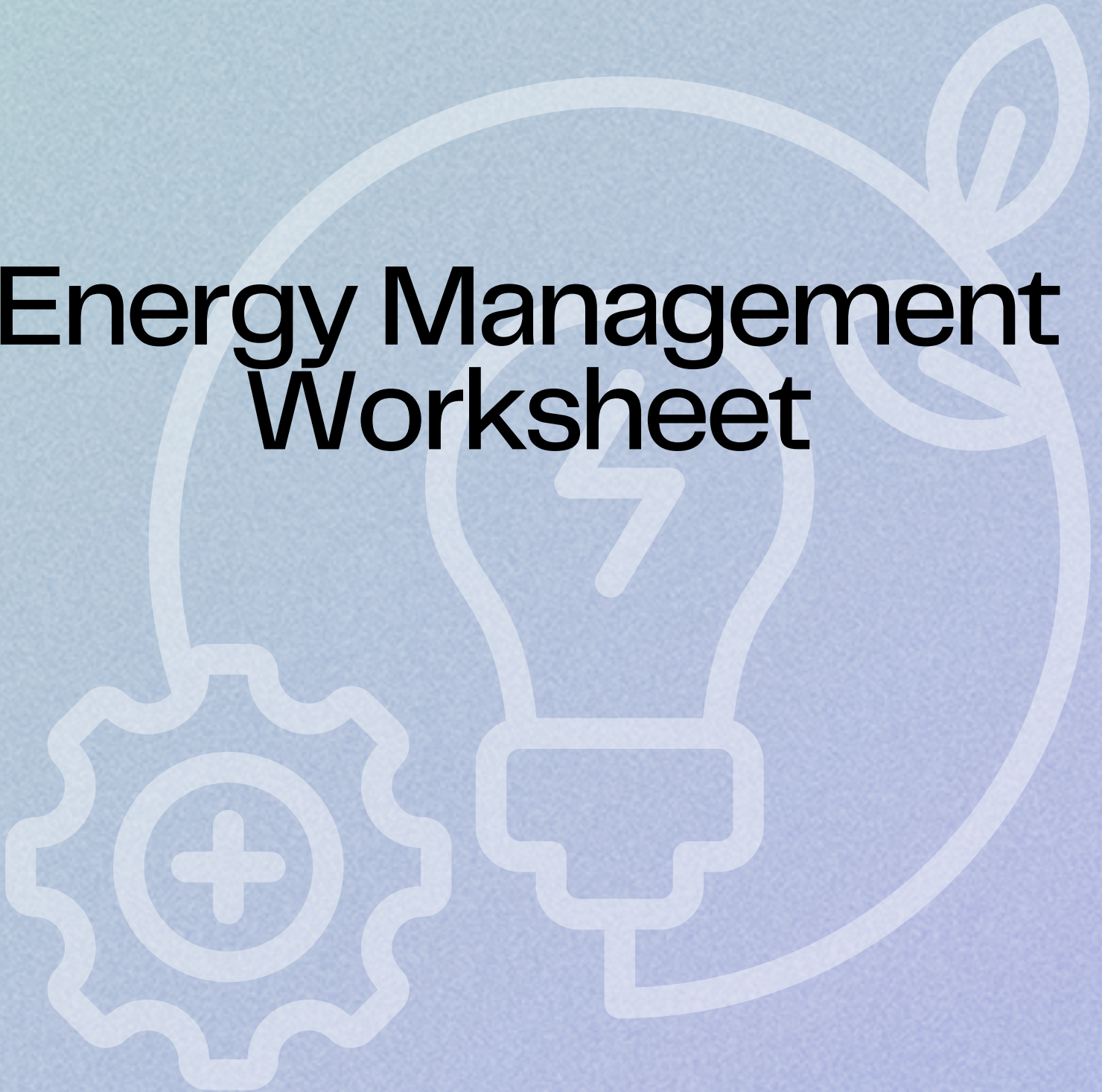
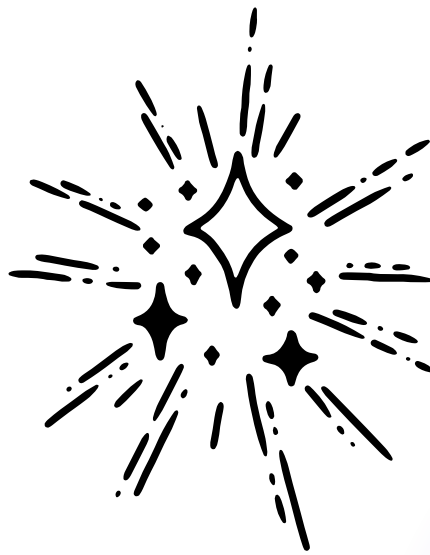


Energy Management Worksheet



"When we align our actions with our energy levels, magic happens. By prioritizing tasks based on when we're at our best, we unlock our full potential and create space for harmony and productivity in our lives. Embrace the flow of energy, and watch as everything falls into place."



Four Types of Energy

1. **Physical Energy:** This refers to the body's ability to perform physical activities and tasks. It can be influenced by factors such as sleep quality, nutrition, hydration, and exercise habits. Physical energy levels can fluctuate throughout the day, with peaks typically occurring after restful sleep and troughs occurring during periods of physical exertion or fatigue.

2. **Mental Energy:** Mental energy relates to cognitive functioning, focus, and concentration. It encompasses factors such as mental clarity, alertness, and the ability to process information efficiently. Mental energy levels may be affected by factors like stress, emotional well-being, workload, and cognitive demands.

Four Types of Energy

3. Emotional Energy: Emotional energy pertains to one's emotional state and resilience. It involves the capacity to manage and regulate emotions effectively, as well as the ability to experience positive emotions such as joy, enthusiasm, and motivation. Emotional energy levels can be influenced by factors such as stressors, interpersonal relationships, self-care practices, and overall emotional well-being.

4. Social Energy: Social energy refers to the capacity for social interaction, communication, and engagement with others. It encompasses factors such as social skills, interpersonal dynamics, and social support networks. Social energy levels may vary depending on social context, individual preferences, and the quality of social interactions.

Step 1: Energy Trackers

Track Energy Types during day to determine trends

Instructions:

- Use this tracking sheet to record energy levels for both you and your child throughout the day.
- Rate energy levels on a scale from 1 to 5, with 1 being low energy and 5 being high energy.
- Note any activities, events, or factors that may have influenced energy levels.
- Review and reflect on the patterns and trends to better manage energy levels in your household.

Time	Parent's Energy Level (1-5)	Child's Energy Level (1-5)	Notes/Activities
6:00 AM			
7:00 AM			
8:00 AM			
9:00 AM			
10:00 AM			
11:00 AM			
12:00 PM			
1:00 PM			
2:00 PM			
3:00 PM			
4:00 PM			
5:00 PM			
6:00 PM			
7:00 PM			
8:00 PM			
9:00 PM			
10:00 PM			

Step 2: What did you learn?

How can you use this information to create routines that align with energy levels?

Did you notice a certain time that would be better for homework, hygiene or other tasks? Maybe you learned certain activities triggered specific energy levels that were conducive to productivity.

Were you able to identify tasks that required a lot of energy or drained energy quickly?

Certain tasks can be more draining than others. How can we better pair up tasks that build and use energy stores for success?

Step 3: Create an Energy Routine

Energy Managed Routine

Fill in a schedule that will allow for different types of required energy based on your family activities, energy levels, and needs.

An example is below that identifies the time, type of energy needed, level of energy, and activity. Every student and family will be different.

For example, your student might need significantly more sleep or time for homework, etc. than the example shows. Adjust for your needs and family dynamics.

Example: Student Energy Managed Routine

Time	Activity	Required Energy Level	Energy Type	Notes
6:00 AM	Wake Up and Morning Routine	Low-Medium	Physical	Get ready for the day
7:00 AM	Breakfast and Review Homework	Medium	Mental	Fuel up and prepare for school
8:00 AM	School Classes	Medium-High	Mental	Engage in learning activities
9:00 AM	School Classes	Medium-High	Mental	Continue with academic coursework
10:00 AM	School Classes	Medium-High	Mental	Stay focused during morning classes
11:00 AM	School Classes or Study Session	Medium-High	Mental	Review materials or complete assignments
12:00 PM	Lunch Break	Low-Medium	Social/Physical	Socialize with friends and recharge
1:00 PM	After-School Activity or Extracurricular	High	Physical	Participate in sports, clubs, or hobbies
2:00 PM	School Classes or Study Session	Medium-High	Mental	Review materials or complete assignments
3:00 PM	After-School Activity or Extracurricular	High	Physical	Participate in sports, clubs, or hobbies
4:00 PM	Snack Break and Outdoor Time	Medium	Physical	Refresh with a healthy snack and outdoor activity
5:00 PM	Family Time or Chores	Low-Medium	Social	Assist with household tasks or spend time with family
6:00 PM	Dinner and Wind Down	Low-Medium	Emotional	Enjoy a meal and unwind from the day
7:00 PM	Study Session or Homework	Medium-High	Mental	Review materials and complete assignments
8:00 PM	Personal Hobby or Leisure Activity	Medium	Emotional/Physical	Engage in activities for personal enjoyment
9:00 PM	Relaxation and Screen-Free Time	Low-Medium	Emotional	Wind down without electronic devices
10:00 PM	Bedtime Routine	Low	Physical/Emotional	Prepare for bedtime and ensure adequate rest

Step 4 : Iterate, Iterate, Iterate

Typical Routine

Start with what you'd expect a typical day to look like and give it a try. We are human and have factors that impact us each day that might require us to shift the order or overall priorities for the day. Allow for these modifications to create the best success. You might also find that swapping activities provides a better outcome. See if you can adjust the overall plan to create more success daily!

Special Routine

It might be that you have a week where life is crazy. Take the Sunday before to outline this Special Routine to help manage emotions. Changes in routine tends to create a reduced ability to maintain a positive energy, especially when things don't go perfectly!