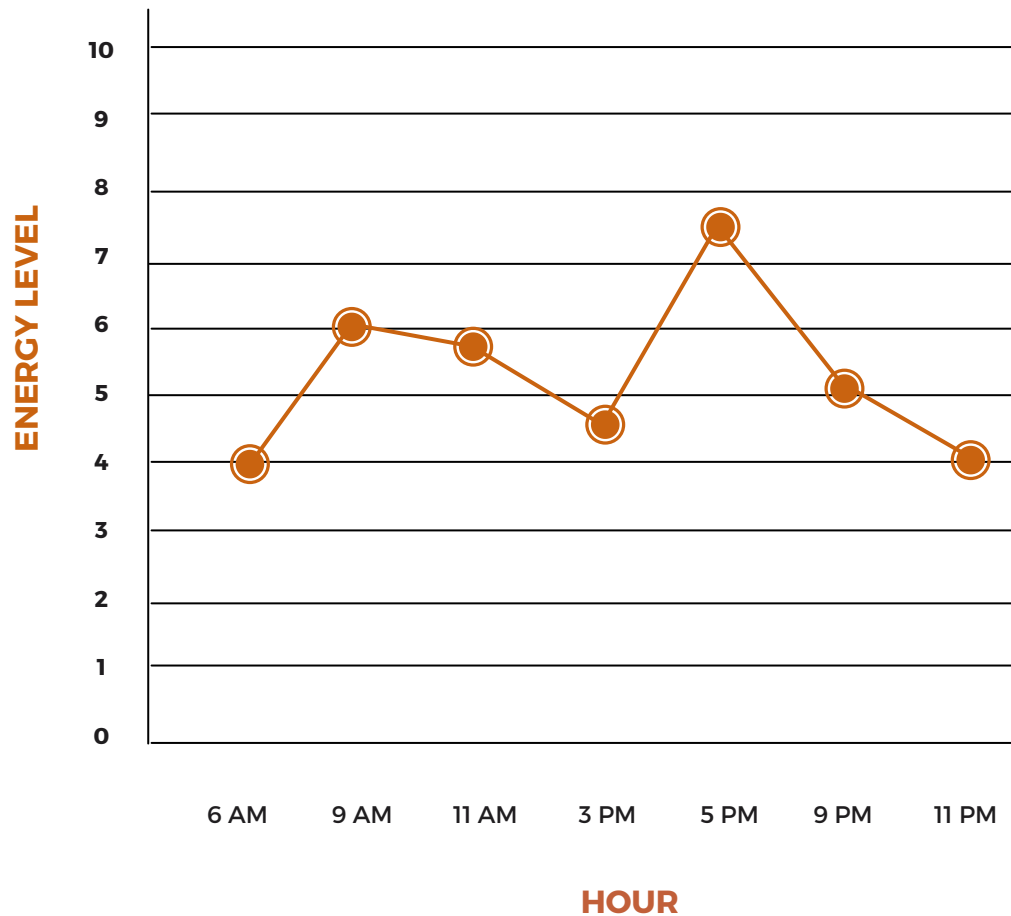


ENERGY PROFILE



An energy profile provides a comprehensive look at your daily energy patterns. It shows your energy levels throughout various points of the day over the course of a few days to depict when your peaks and troughs naturally occur.

Use the charts on the following pages to log your energy over the course of the day for a series of 3-5 consecutive days. Every few hours, starting from when you wake up until when you go to bed, pause to evaluate your energy level on a scale of 1-10 (1 being low energy and 10 being high energy).

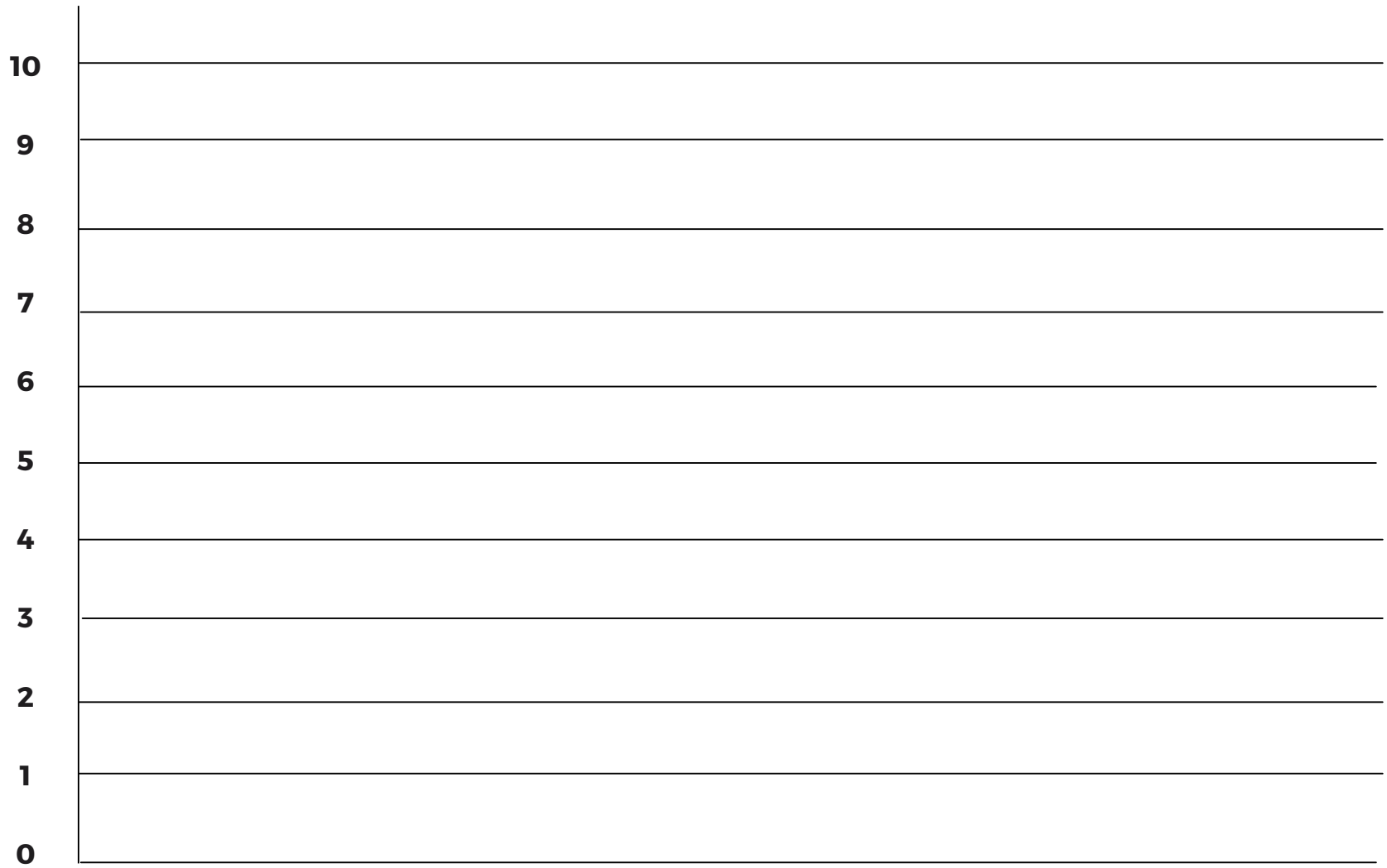
Record the rating on the vertical axis and the hour of the rating on the horizontal axis. The result is a visual representation of your energy flow throughout the day- your personal energy profile.

ENERGY LEVEL



HOUR

ENERGY LEVEL



HOUR

ENERGY LEVEL



HOUR

ENERGY LEVEL

10

9

8

7

6

5

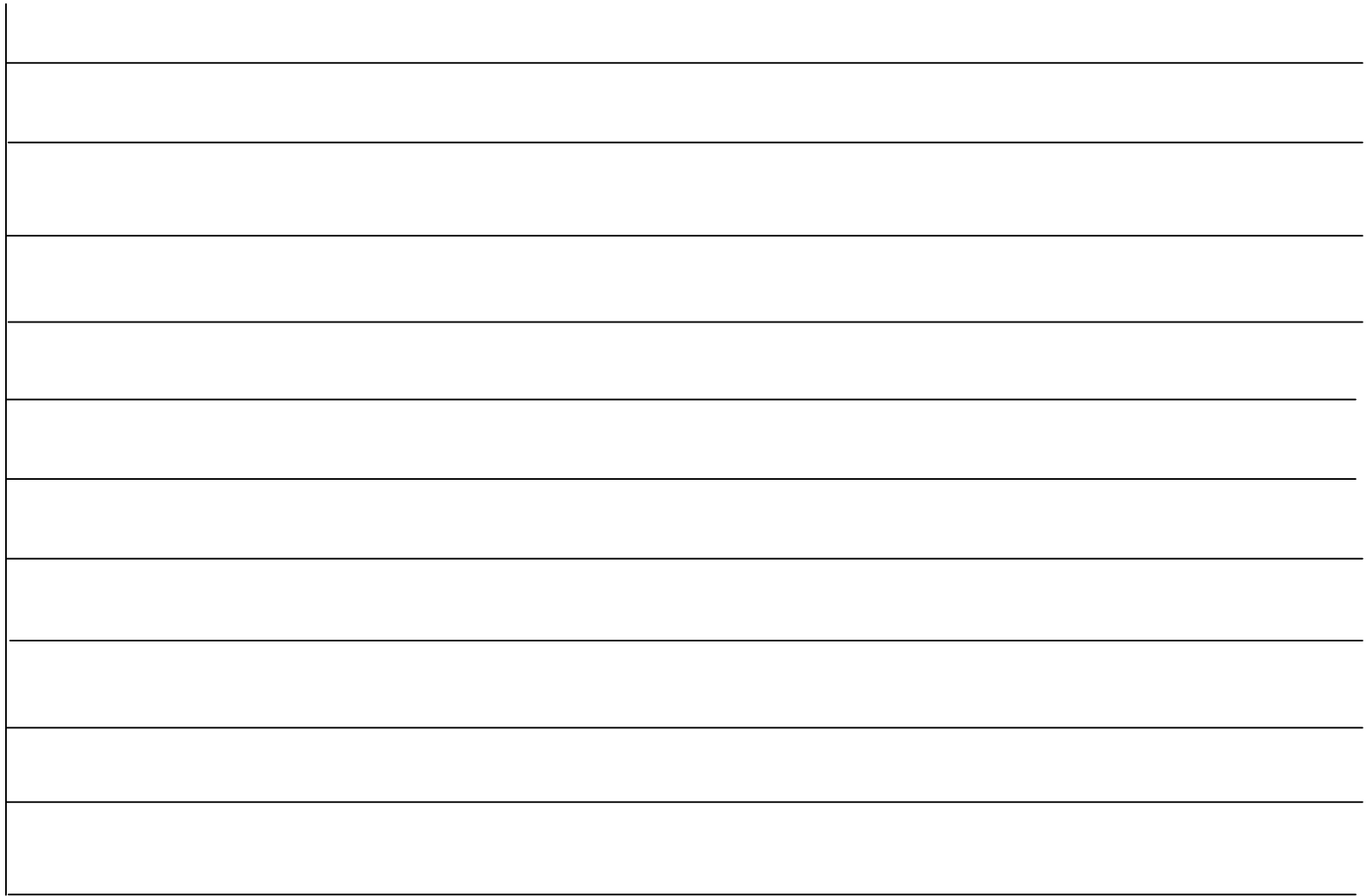
4

3

2

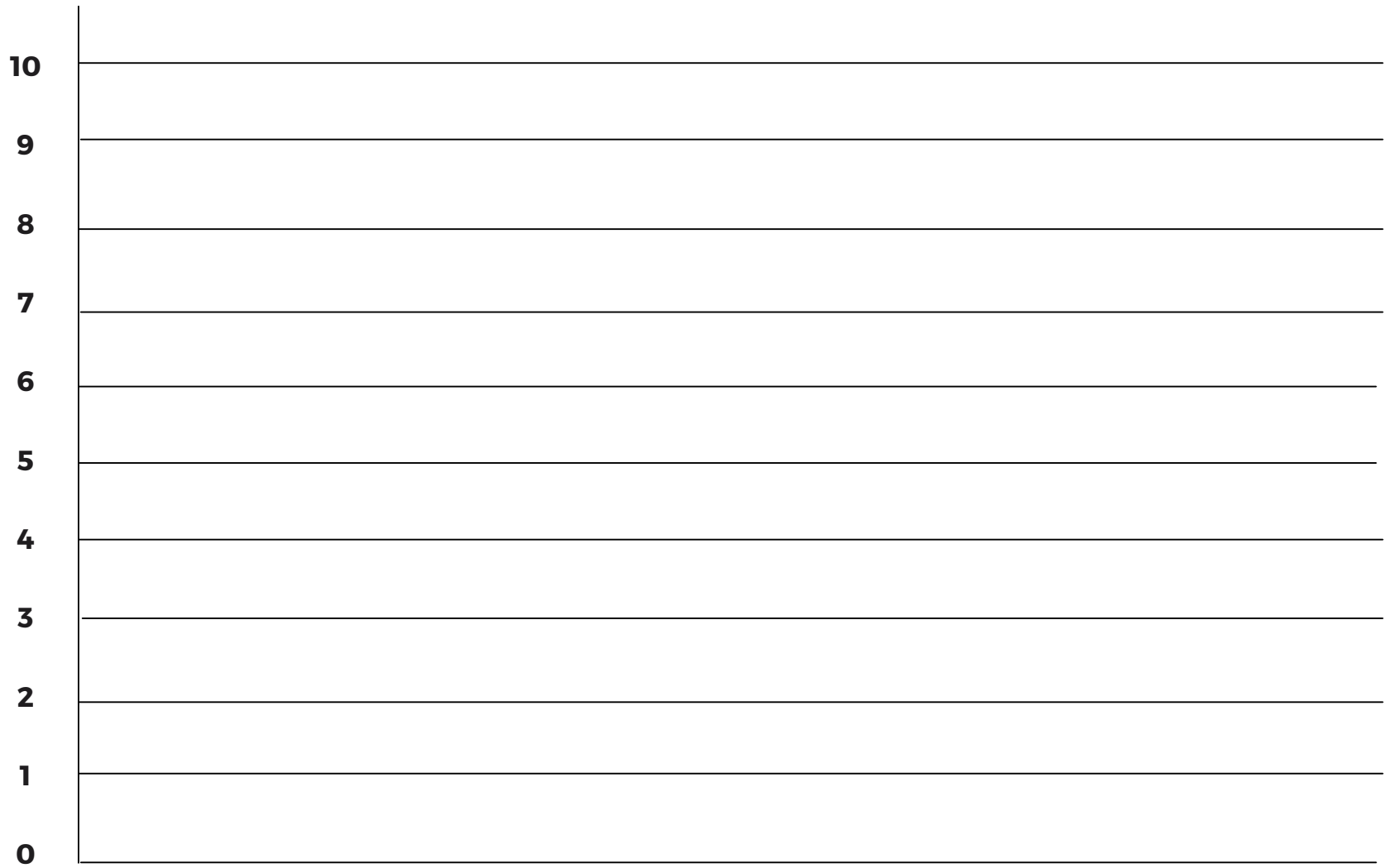
1

0



HOUR

ENERGY LEVEL



HOUR