

7-DAY ENERGY HABIT TRACKER

Track the everyday habits that may influence energy, alertness, and recovery.

Week of: _____ to _____

Aim for awareness, not perfection. Look for patterns across the whole week.

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Wake Time	_____	_____	_____	_____	_____	_____	_____
Morning Light	[]	[]	[]	[]	[]	[]	[]
Adequate Hydration	[]	[]	[]	[]	[]	[]	[]
Protein With Meals	[]	[]	[]	[]	[]	[]	[]
Balanced Meals	[]	[]	[]	[]	[]	[]	[]
Movement / Exercise	[]	[]	[]	[]	[]	[]	[]
Caffeine Cutoff Met	[]	[]	[]	[]	[]	[]	[]
Evening Wind-Down	[]	[]	[]	[]	[]	[]	[]
Bedtime	_____	_____	_____	_____	_____	_____	_____
Sleep Duration	_____	_____	_____	_____	_____	_____	_____

DAILY ENERGY RATING

Energy	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning Energy 1-10	—	—	—	—	—	—	—
Afternoon Energy 1-10	—	—	—	—	—	—	—
Evening Energy 1-10	—	—	—	—	—	—	—

Quick reminder:

Morning light = daylight exposure after waking. Caffeine cutoff = the personal time you choose to stop caffeine. Balanced meals = a practical mix of protein, fiber-rich foods, produce, and other foods that work for you.

7-DAY ENERGY HABIT TRACKER

Review the week and identify the habits that may be worth repeating or adjusting.

YOUR WEEKLY ENERGY PATTERN

Best energy day: _____

Lowest energy day: _____

Average energy this week: _____ / 10

Most common energy dip:

☐ Morning ☐ Late morning ☐ Afternoon ☐ Late afternoon ☐ Evening

HABITS I WAS MOST CONSISTENT WITH

- ☐ Consistent wake time ☐ Morning light ☐ Hydration
☐ Protein with meals ☐ Balanced meals ☐ Movement
☐ Caffeine timing ☐ Wind-down routine ☐ Adequate sleep

Habit I want to strengthen next: _____

WHAT SUPPORTED MY ENERGY?

WHAT DRAINED MY ENERGY?

ENERGY CRASHES

Did I notice any? ☐ No ☐ Yes Day/time: _____

Possible factors:

- ☐ Poor sleep ☐ Skipped/delayed meal ☐ Low hydration ☐ Large/heavy meal
☐ High stress ☐ Long sitting ☐ Caffeine wearing off ☐ Intense activity
☐ Unsure ☐ Other: _____

ONE PATTERN I NOTICED

ONE HABIT I'LL FOCUS ON NEXT WEEK

Educational and self-awareness tool only. Persistent, severe, worsening, or unexplained fatigue should be discussed with a qualified healthcare professional.

Free for personal and educational use | purelyvitaliving.com/resources/energy-resources/