

DAILY ENERGY TRACKER

Track sleep, meals, hydration, caffeine and energy patterns throughout your day.

Use for several days and look for recurring patterns rather than judging one day in isolation.

Date: _____

Day: _____

Overall energy: 1 2 3 4 5 6 7 8 9 10

Overall stress: 1 2 3 4 5 6 7 8 9 10

1. Sleep & Recovery

Bedtime: _____ Wake time: _____ Sleep duration: _____ hrs

Sleep quality: ☐ Poor ☐ Fair ☐ Good ☐ Very good

Night waking: ☐ None ☐ Once ☐ Multiple

Rested on waking: 1 2 3 4 5 6 7 8 9 10

2. Energy Throughout the Day

Time	Energy 1-10	Notes / what was happening
Morning	_____	_____
Late morning	_____	_____
Afternoon	_____	_____
Late afternoon	_____	_____
Evening	_____	_____

3. Meals & Snacks

Meal	Time	What I ate
Breakfast	_____	_____
Lunch	_____	_____
Dinner	_____	_____
Snacks	_____	_____

Meals included: ☐ Protein ☐ Fiber-rich foods ☐ Fruit/veg ☐ Healthy fats ☐ Regular timing

4. Hydration & Caffeine

HYDRATION

Water / fluids: _____ glasses or _____ L

☐ Low ☐ Moderate ☐ Good

Affected energy? ☐ Yes ☐ No ☐ Unsure

CAFFEINE

Source: _____ Time: _____ Amount: _____

Source: _____ Time: _____ Amount: _____

Last caffeine: _____ Used because tired? ☐ Yes ☐ No

DAILY ENERGY TRACKER

Track movement, stress, energy crashes and what you noticed at the end of the day.

5. Movement & Activity

Movement today:

☐ Walking ☐ Strength ☐ Cardio ☐ Mobility/stretching

☐ Movement breaks ☐ Mostly sedentary Active time: _____ min

Effect on energy:

☐ Increased ☐ No change

☐ Reduced ☐ Unsure

6. Stress & Mental Load

Stress level: 1 2 3 4 5 6 7 8 9 10

Main stressors: _____

Mental workload: ☐ Light ☐ Moderate ☐ Heavy

Did stress seem connected to an energy drop? ☐ Yes ☐ No ☐ Unsure

7. Energy Crash Log

Noticeable energy crash? ☐ No ☐ Yes

Time: _____ Energy before: ____/10 During: ____/10 Duration: _____

What happened beforehand?

☐ Poor sleep ☐ Long time without eating ☐ Large meal ☐ Sugary/refined meal

☐ Low hydration ☐ Long sitting ☐ High stress ☐ Exercise

☐ Caffeine wearing off ☐ Unsure ☐ Other: _____

What helped, if anything? _____

8. End-of-Day Reflection

What seemed to support my energy today?

What seemed to drain my energy?

One pattern I noticed:

One small thing I may try tomorrow:

Sustainable energy comes from supporting your body - not constantly pushing it harder.

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/