Weekly Energy Patterns Worksheet

Review your week, identify patterns, and discover habits that may influence your daily energy.

Week of: _____ **to:** _____

1. My Energy This Week

Day	Morning 1-10	Afternoon 1-10	Evening 1-10	Overall 1-10
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

My average energy this week: _____ / 10

2. My Highest & Lowest Energy

I usually felt most energetic:

■ Morning ■ Afternoon ■ Evening

My highest-energy day: _____

What was different that day?

My lowest-energy day: _____

What may have contributed?

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3. Sleep & Energy

Average sleep duration: _____ hours	**Sleep quality:** ■ Poor ■ Fair ■ Good ■ Very good

Did better-sleep nights usually lead to better energy the next day? ■ Yes ■ Sometimes ■ No ■ Unsure

What did you notice?

4. Food & Hydration

- ■ Skipping meals affected my energy
- ■ Balanced meals seemed to improve energy
- ■ Large/heavy meals were followed by lower energy
- ■ I felt better when adequately hydrated
- ■ Long gaps between meals affected me
- ■ I noticed no obvious pattern

Notes:

5. Caffeine Patterns

Typical caffeine intake: _____	**Usual last caffeine time:** _____
Did you rely on caffeine when energy dropped? ■ Yes ■ Sometimes ■ No	**Did later caffeine appear to affect sleep?** ■ Yes ■ Maybe ■ No

6. Movement & Sitting

- ■ Movement seemed to improve my energy
- ■ Long periods of sitting were associated with sluggishness
- ■ Exercise sometimes left me unusually tired
- ■ I didn't notice a clear relationship

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7. Stress & Recovery

Average stress this week: _____ / 10

I noticed lower energy when:

- ■ Stress was unusually high
- ■ Sleep was poor
- ■ My schedule was overloaded
- ■ I had little downtime
- ■ I exercised heavily
- ■ I was mentally drained
- ■ Other: _____

8. My Most Common Energy Crash

Typical time: _____

What usually happened beforehand?

- ■ Poor sleep
- ■ Skipped/delayed meal
- ■ Heavy meal
- ■ Low hydration
- ■ Long sitting period
- ■ High stress
- ■ Caffeine wearing off
- ■ Hard workout
- ■ No obvious trigger
- ■ Other: _____

9. What I Learned This Week

Three patterns I noticed:

1.

2.

3.

10. My Focus for Next Week

One habit I want to continue:

One habit I want to change:

One small experiment I'll try:

What I'll pay attention to next week:

Important: Energy levels can be affected by many factors, including sleep, nutrition, stress, medications, and health conditions. This worksheet is intended for educational and self-reflection purposes and is not a diagnostic tool. Persistent or unexplained fatigue should be discussed with an appropriate healthcare professional.