

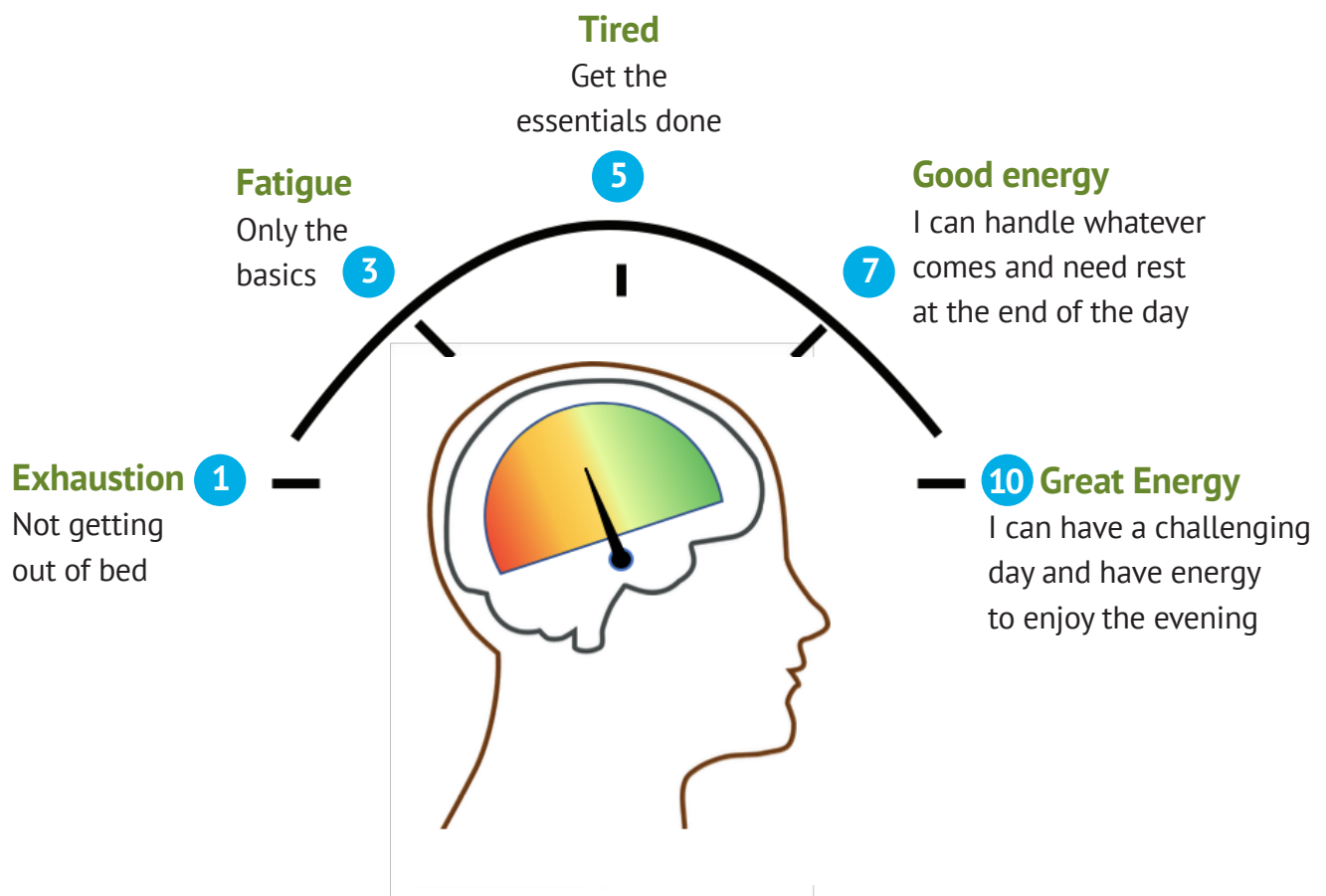
MONITORING POWER SUPPLY

NAME: _____

Power supply of the body is essential for good decision-making. Making a practice of monitoring your body's energy is like monitoring the gas in the tank of your car you want to check-in occasionally so that you don't get stranded. If you are running low on energy, what can you do to refuel it?

Exercise: Monitor your power supply through out the day. Please subtract one point for every serving of product with caffeine. Caffeine can mask fatigue.

What are activities that will increase your power supply or decrease your power supply?



Please consult with your doctor before changing your diet.

MONITORING POWER SUPPLY

DATE

TIME OF DAY	ENERGY	NOTES
Wake		
Mid-Day		
Noon		
Mid-Afternoon		
Dinner		
Bedtime		

DATE

TIME OF DAY	ENERGY	NOTES
Wake		
Mid-Day		
Noon		
Mid-Afternoon		
Dinner		
Bedtime		

What is one activity that I will consistently do that will increase my power supply by 10%?

Please consult with your doctor before changing your diet.



Creative Commons License: Give Attribution, Non-Commercial Purposes Only, No Derivative Works.
Contact: Dr. Kristen Allott allott@dynamicbrainsconsulting.com KristenAllott.com