

## The energy diary

The energy diary can be used to gain insight in your '**energy takers**' (activities, situations, that take energy/drain you) and '**energy givers**' (activities, situations that charge you).

- Write down in green what charges you
- Write down in red what drains you

The thermometer can be used to evaluate your energy level during the day.  
0 = no energy – 10 = full of energy

This is an easy way to gain insight in situations and events that drains or charges you and as such have an influence on your general energy level. The goal of this exercise is to create more predictability and decrease anxiety and stress related to your fatigue.

Good luck!



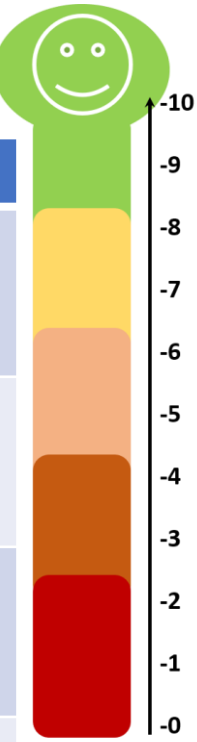


Energy taker



Energy giver

Energy level:



	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			