

Energy & Nourishment

Our brains and bodies need regular nourishment. This page helps you notice patterns in energy without focusing on calories or weight.

When during the day do I usually have most energy?

When does my energy tend to dip?

What happens to my concentration when I have not eaten for a while?

What happens to my mood?

Which foods or meals feel satisfying and manageable?

What gets in the way of eating regularly?

What could make nourishment easier on busy days?

One change that may support steadier energy is...
