

My Energy & Fatigue Patterns

A gentle space to notice patterns in your body and wellbeing without judgement. Use only the sections that feel useful.

When is my energy usually strongest?

When does it tend to drop?

Which activities use the most energy?

Which activities restore or protect energy?

How do I know I am approaching my limit?

What happens when I push beyond that point?

What could I adjust on lower-energy days?

One way I can protect my energy is...