

# Energy Tracker

*Map your vitality, find your rhythm — by Zenova Wellness*

*"Your energy is your most valuable currency.*

*Track it with intention."*

**Name:**

**Month:**

**Tracking Period Start Date:**

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Energy is far more than how tired or awake you feel at any given moment — it is a living pattern woven through your days, shaped by dozens of quiet variables you may rarely notice. By tuning in to your energy rhythms over time, you begin to see the invisible architecture of your vitality: when you naturally rise, when you naturally rest, and what habits gently lift or quietly drain you. This tracker is your personal map — a gentle, judgement-free space to notice what fuels you and what costs you. You don't need to be perfect; you just need to be curious. Use this practice to observe, reflect, and move toward the version of your days that feels most alive.

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## Understanding Your Energy

Your energy isn't a flat, stable resource — it moves in natural waves throughout the day, rising and falling in patterns that are uniquely yours. Most people experience a peak of mental alertness in the late morning, a natural dip in the early-to-mid afternoon, and a

modest rebound in the early evening. Recognizing these peaks and troughs is the first step to working with your body rather than against it.

## Your Energy Chronotype

The concept of a **chronotype** describes your body's natural tendency to feel more alert and energized at certain times of day. In simple terms, some of us are natural "morning larks" — we hit our stride early and fade as the day winds down. Others are "evening owls," finding their creative and physical peak in the afternoon or evening hours. Many of us fall somewhere in between. There is no superior chronotype — simply your type. This tracker may help you support your vitality by discovering yours.

## What May Influence Your Energy ⚡

### ☀️ Key Energy Influencers to Watch

#### Factor

#### How It May Affect Your Energy

#### A Gentle Prompt

#### Sleep

The single most influential factor in next-day vitality. Quality matters as much as quantity.

Did you wake feeling rested — even briefly?

#### Nutrition

Balanced, regular meals may support steady energy levels. Blood sugar swings can create peaks and crashes.

Did you eat at regular intervals today?

## Hydration

Even mild dehydration may contribute to feelings of fatigue and difficulty concentrating.

How much water have you had so far?

## Stress & Emotions

Mental and emotional demands draw heavily on your energy reserves, often invisibly.

What was your emotional load today?

## Movement

Gentle to moderate movement may support alertness and mood throughout the day.

Did your body move in a way that felt good?

## Light Exposure

Natural morning light may support healthy circadian rhythms and daytime alertness.

Did you get outside or near a window today?

## Your Practice Note

This tracker is designed to help you *notice*, not to judge. There are no "bad" days — only data points. Approach each entry with curiosity and compassion for yourself.

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# Daily Energy Log

Complete each day's entry as close to bedtime as possible, while the day is still fresh. Rate your energy on a scale of **1 (very low)** to **10 (excellent)**. Check all that apply in the boosters and drains sections, and choose one word to capture today's energy essence.

 **Day 1**   **Date:**   **Day of Week:**

**Wake Time:**   **Hours of Sleep:**

**Morning Energy (1–10):**   **Afternoon Energy 2–4pm (1–10):**   **Evening Energy 6–8pm (1–10):**

**Overall Day Energy (1–10):**

 **Energy Drains Today:**

Poor sleep  Skipped meal  Dehydration  High stress  Overwork  Sugar spike  Inactivity  Other:

 **Energy Boosters Today:**

Good sleep  Exercise  Sunlight  Hydration  Nutritious meals  Social connection  Rest break  Supplements  Other:

**One word to describe today's energy:**

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 **Day 2**   **Date:**   **Day of Week:**

**Wake Time:**   **Hours of Sleep:**

**Morning Energy (1–10):**   **Afternoon Energy 2–4pm (1–10):**   **Evening Energy 6–8pm (1–10):**

**Overall Day Energy (1–10):**

 **Energy Drains Today:**

Poor sleep  Skipped meal  Dehydration  High stress  Overwork  Sugar spike  Inactivity  Other:

 **Energy Boosters Today:**

Good sleep  Exercise  Sunlight  Hydration  Nutritious meals  Social connection   
Rest break  Supplements  Other:

**One word to describe today's energy:**

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 **Day 3 Date: Day of Week:**

**Wake Time: Hours of Sleep:**

**Morning Energy (1–10): Afternoon Energy 2–4pm (1–10): Evening Energy 6–8pm (1–10):**

**Overall Day Energy (1–10):**

 **Energy Drains Today:**

Poor sleep  Skipped meal  Dehydration  High stress  Overwork  Sugar spike   
Inactivity  Other:

 **Energy Boosters Today:**

Good sleep  Exercise  Sunlight  Hydration  Nutritious meals  Social connection   
Rest break  Supplements  Other:

**One word to describe today's energy:**

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 **Day 4 Date: Day of Week:**

**Wake Time: Hours of Sleep:**

**Morning Energy (1–10): Afternoon Energy 2–4pm (1–10): Evening Energy 6–8pm (1–10):**

**Overall Day Energy (1–10):**

 **Energy Drains Today:**

Poor sleep  Skipped meal  Dehydration  High stress  Overwork  Sugar spike   
Inactivity  Other:

 **Energy Boosters Today:**

Good sleep  Exercise  Sunlight  Hydration  Nutritious meals  Social connection   
Rest break  Supplements  Other:

**One word to describe today's energy:**

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 **Day 5 Date: Day of Week:**

**Wake Time: Hours of Sleep:**

**Morning Energy (1–10): Afternoon Energy 2–4pm (1–10): Evening Energy 6–8pm  
(1–10):**

**Overall Day Energy (1–10):**

 **Energy Drains Today:**

Poor sleep  Skipped meal  Dehydration  High stress  Overwork  Sugar spike   
Inactivity  Other:

 **Energy Boosters Today:**

Good sleep  Exercise  Sunlight  Hydration  Nutritious meals  Social connection   
Rest break  Supplements  Other:

**One word to describe today's energy:**

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 **Day 6 Date: Day of Week:**

**Wake Time: Hours of Sleep:**

**Morning Energy (1–10): Afternoon Energy 2–4pm (1–10): Evening Energy 6–8pm  
(1–10):**

**Overall Day Energy (1–10):**

**⚡ Energy Drains Today:**

Poor sleep  Skipped meal  Dehydration  High stress  Overwork  Sugar spike   
Inactivity  Other:

**☀ Energy Boosters Today:**

Good sleep  Exercise  Sunlight  Hydration  Nutritious meals  Social connection   
Rest break  Supplements  Other:

**One word to describe today's energy:**

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**☀ Day 7 Date: Day of Week:**

**Wake Time: Hours of Sleep:**

**Morning Energy (1–10): Afternoon Energy 2–4pm (1–10): Evening Energy 6–8pm  
(1–10):**

**Overall Day Energy (1–10):**

**⚡ Energy Drains Today:**

Poor sleep  Skipped meal  Dehydration  High stress  Overwork  Sugar spike   
Inactivity  Other:

**☀ Energy Boosters Today:**

Good sleep  Exercise  Sunlight  Hydration  Nutritious meals  Social connection   
Rest break  Supplements  Other:

**One word to describe today's energy:**

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**☀ Day 8 Date: Day of Week:**

**Wake Time: Hours of Sleep:**

**Morning Energy (1–10): Afternoon Energy 2–4pm (1–10): Evening Energy 6–8pm  
(1–10):**

**Overall Day Energy (1–10):**

**⚡ Energy Drains Today:**

Poor sleep  Skipped meal  Dehydration  High stress  Overwork  Sugar spike   
Inactivity  Other:

**☀ Energy Boosters Today:**

Good sleep  Exercise  Sunlight  Hydration  Nutritious meals  Social connection   
Rest break  Supplements  Other:

**One word to describe today's energy:**

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**☀ Day 9 Date: Day of Week:**

**Wake Time: Hours of Sleep:**

**Morning Energy (1–10): Afternoon Energy 2–4pm (1–10): Evening Energy 6–8pm  
(1–10):**

**Overall Day Energy (1–10):**

**⚡ Energy Drains Today:**

Poor sleep  Skipped meal  Dehydration  High stress  Overwork  Sugar spike   
Inactivity  Other:

**☀ Energy Boosters Today:**

Good sleep  Exercise  Sunlight  Hydration  Nutritious meals  Social connection   
Rest break  Supplements  Other:

**One word to describe today's energy:**

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**☀ Day 10 Date: Day of Week:**

**Wake Time: Hours of Sleep:**

**Morning Energy (1–10):    Afternoon Energy 2–4pm (1–10):    Evening Energy 6–8pm (1–10):**

**Overall Day Energy (1–10):**

**⚡ Energy Drains Today:**

Poor sleep  Skipped meal  Dehydration  High stress  Overwork  Sugar spike   
Inactivity  Other:

**☀ Energy Boosters Today:**

Good sleep  Exercise  Sunlight  Hydration  Nutritious meals  Social connection   
Rest break  Supplements  Other:

**One word to describe today's energy:**

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**☀ Day 11    Date:    Day of Week:**

**Wake Time:    Hours of Sleep:**

**Morning Energy (1–10):    Afternoon Energy 2–4pm (1–10):    Evening Energy 6–8pm (1–10):**

**Overall Day Energy (1–10):**

**⚡ Energy Drains Today:**

Poor sleep  Skipped meal  Dehydration  High stress  Overwork  Sugar spike   
Inactivity  Other:

**☀ Energy Boosters Today:**

Good sleep  Exercise  Sunlight  Hydration  Nutritious meals  Social connection   
Rest break  Supplements  Other:

**One word to describe today's energy:**

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**☀ Day 12    Date:    Day of Week:**

**Wake Time:    Hours of Sleep:**

**Morning Energy (1–10):    Afternoon Energy 2–4pm (1–10):    Evening Energy 6–8pm (1–10):**

**Overall Day Energy (1–10):**

**⚡ Energy Drains Today:**

Poor sleep  Skipped meal  Dehydration  High stress  Overwork  Sugar spike  Inactivity  Other:

**☀ Energy Boosters Today:**

Good sleep  Exercise  Sunlight  Hydration  Nutritious meals  Social connection  Rest break  Supplements  Other:

**One word to describe today's energy:**

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**☀ Day 13    Date:    Day of Week:**

**Wake Time:    Hours of Sleep:**

**Morning Energy (1–10):    Afternoon Energy 2–4pm (1–10):    Evening Energy 6–8pm (1–10):**

**Overall Day Energy (1–10):**

**⚡ Energy Drains Today:**

Poor sleep  Skipped meal  Dehydration  High stress  Overwork  Sugar spike  Inactivity  Other:

**☀ Energy Boosters Today:**

Good sleep  Exercise  Sunlight  Hydration  Nutritious meals  Social connection  Rest break  Supplements  Other:

**One word to describe today's energy:**

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Level	6a m	7a m	8a m	9a m	10 a m	11 a m	12 p m	1p m	2p m	3p m	4p m	5p m	6p m	7p m	8p m	9p m	10 p m
1																	

Patterns I notice in my Week 2 energy map:

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## Energy Drain Audit

Use this audit to take an honest, compassionate look at the habits and situations that may be quietly costing you vitality. This is not about guilt — it's about awareness. Rate the impact of each drain from 1 (minor) to 5 (significant), and note one small thing you could try to shift it.

Energy Drain	Frequency	Impact (1–5)	What I Could Try
Poor sleep	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Occasionally		
Skipped meals	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Occasionally		
Dehydration	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Occasionally		
Screen overuse	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Occasionally		
Stress / anxiety	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Occasionally		
Sedentary periods	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Occasionally		
Negative social interactions	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Occasionally		
Overcommitment	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Occasionally		
Poor nutrition	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/>		

Energy Drain	Frequency	Impact (1–5)	What I Could Try
choices	Occasionally		
Caffeine dependence	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Occasionally		
<i>My addition:</i>	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Occasionally		
<i>My addition:</i>	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Occasionally		

## Energy Booster Audit

These are the practices, habits, and moments that may support your vitality. Use this table to track how frequently you're actually using them and how much impact they seem to have for you. Your data here is personal and unique — what energizes someone else may differ from what fuels *you*.

Energy Booster	Frequency Used	Impact (1–5)	Notes
Morning movement	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Occasionally		
Sunlight exposure	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Occasionally		
Hydration (water intake)	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Occasionally		
Balanced meals	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Occasionally		
Power naps / rest	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Occasionally		
Breathwork / mindfulness	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Occasionally		
Nature time / outdoors	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Occasionally		

Energy Booster	Frequency Used	Impact (1–5)	Notes
Social connection	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Occasionally		
Zenova supplements <i>(personal tracking only — not medical advice)</i>	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Occasionally		
Music / creativity	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Occasionally		
<i>My addition:</i>	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Occasionally		
<i>My addition:</i>	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Occasionally		

## Weekly Energy Reviews

Take a few quiet minutes at the end of each week to complete your review. You don't need to have all the answers — simply notice what comes up as you reflect. Each weekly review builds a fuller picture of your personal energy story.

### Week 1 Review | Dates:

**Best energy day:**    **Why?**

**Lowest energy day:**    **Why?**

**Avg morning energy:**    **Avg afternoon:**    **Avg evening:**

**Top 3 energy boosters this week:**

**Top 3 energy drains this week:**

**Pattern or insight discovered:**

**My intention for next week:**

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**☀️ Week 2 Review | Dates:**

**Best energy day: Why?**

**Lowest energy day: Why?**

**Avg morning energy: Avg afternoon: Avg evening:**

**Top 3 energy boosters this week:**

**Top 3 energy drains this week:**

**Pattern or insight discovered:**

**My intention for next week:**

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**☀️ Week 3 Review | Dates:**

**Best energy day: Why?**

**Lowest energy day: Why?**

**Avg morning energy: Avg afternoon: Avg evening:**

**Top 3 energy boosters this week:**

**Top 3 energy drains this week:**

**Pattern or insight discovered:**

**My intention for next week:**

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## **Week 4 Review | Dates:**

**Best energy day: Why?**

**Lowest energy day: Why?**

**Avg morning energy: Avg afternoon: Avg evening:**

**Top 3 energy boosters this week:**

**Top 3 energy drains this week:**

**Pattern or insight discovered:**

**My intention for next week:**

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## **Nutrition–Energy Connection Log**

Food is one of the most direct and adjustable inputs to your energy. Over 7 days, log what you eat and notice how your energy responds in the hour or two following each meal.

There are no "right" answers here — just your body's honest feedback, intended for your personal tracking only.

Day	Breakfast	Lunch	Dinner	Snacks	Energy After Each Meal (1–5)	Notes
1					B: ___ L: ___ D: ___	
2					B: ___ L: ___ D: ___	
3					B: ___ L: ___ D: ___	

Day	Breakfast	Lunch	Dinner	Snacks	Energy After Each Meal (1–5)	Notes
4					B: ___ L: ___ D: ___	
5					B: ___ L: ___ D: ___	
6					B: ___ L: ___ D: ___	
7					B: ___ L: ___ D: ___	

 **Reflection Prompt**

*Which meals gave you the most sustained energy? What do they have in common?*

## Movement–Energy Connection

Movement and energy share a fascinating relationship — one that runs in both directions. Sometimes you move because you have energy; other times, movement is what *creates* it. Use this log to track how different types of movement affect your vitality, both before and after. This is designed to help you notice what fuels you, not to set targets or judge output.

Day	Type of Movement	Duration	Energy BEFORE (1–10)	Energy AFTER (1–10)	Notes
1					
2					
3					

Day	Type of Movement	Duration	Energy BEFORE (1–10)	Energy AFTER (1–10)	Notes
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					


 **Reflection Prompt**

*What type of movement most positively impacts your energy? When in your day does it feel best?*

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## Monthly Energy Summary

You've completed a full month of tuning in. This is a meaningful accomplishment. Take time with this final summary — it reflects 30 days of honest self-observation. What you discover here is yours: a personal energy portrait, written in your own data.

 My Monthly Energy Portrait: ○○○○

### **A Note From Zenova Wellness**

Noticing your patterns is the first and most powerful step. You don't have to change everything at once — even one intentional shift, practiced consistently, may support your vitality in ways that compound beautifully over time. Your practice belongs to you. Keep going.

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## **Notes & Insights**

This space is entirely yours. Use it to capture thoughts, reflections, breakthroughs, questions, or anything your energy tracking journey brings to the surface. There is no right way to use these pages.

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### **Notes & Insights (continued)**

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#### **Wellness Disclaimer**

This tracker is for personal wellness tracking purposes only and does not constitute medical advice. All content is intended to help you notice patterns in your own wellbeing and is not designed to diagnose, treat, cure, or prevent any health condition. Zenova Wellness products and this tracker are not substitutes for professional medical evaluation or treatment. Consult a qualified healthcare professional for any health concerns. Individual results from wellness practices may vary. References to energy support are intended for personal observational purposes only.

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