

SHIFT #2- ENERGY MANAGEMENT

COMPLETE THIS SCORECARD

1 POINT FOR EACH ACTIVITY THAT WILL MAXIMIZE YOUR ENERGY LEVEL

- Drank at least 4 cups of water
- Practised deep breaths to calm nervous system
- Ate at least 2 servings of vegetables (potatoes or corn don't count)
- Spent time in prayer
- Intentionally moved your body for at least 15 minutes
- Got at least 7 hours of sleep
- Woke up feeling refreshed
- Ate only when you were hungry
- Managed stress in a healthy way
- Did not consume processed foods

Your score out of 10 _____

Additional Thoughts

Share in the [Private Facebook Group](#).