



Energy Pattern Assessment Worksheet

Morning

Evening

1. Morning routine: What do you do within 60 minutes of waking up?
2. Evening routine: What do you do within 60 minutes of going to bed?
3. Nutrition (N): How and when do you eat?
4. Movement (M): How and when do you move?
5. Recharge (R): How and when do you take breaks?

Examples:

Day 1

8 am

11 pm

N

M

N at desk

N

Morning

Evening

Day 2

5 am

11 pm

M

NB

N

N

Morning

Evening

Day 3

6 am

10 pm

N

M

NB

M

NBM

MB

N

B

B

Morning

Evening