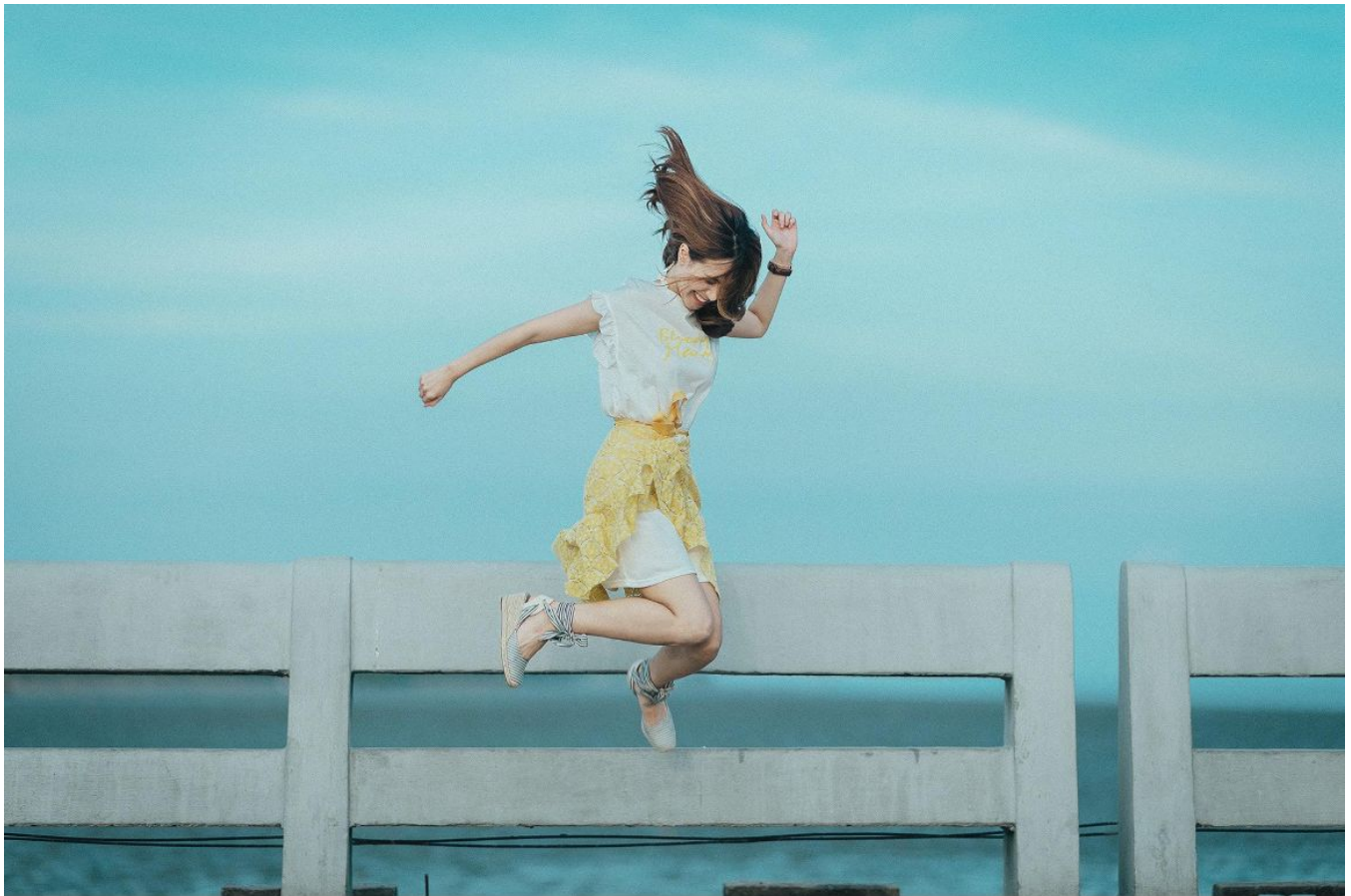


# Energy Jump Start Worksheet





## Welcome to Energy Jump Start

Use this worksheet to follow along with the training, so that you have a plan once we finish up today.

### Breakfast

What time do you usually eat?

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What do you usually have?

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### Lunch

What time do you usually eat?

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What do you usually have?

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### Dinner

What time do you usually eat?

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What do you usually have?

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## **Snack- Morning**

What time do you usually eat?

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What do you usually have?

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## **Snack- Afternoon**

What time do you usually eat?

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What do you usually have?

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## **Snack- Evening**

What time do you usually eat?

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What do you usually have?

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## Sleep

How much sleep do you get at night?

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How much sleep do you get at night?

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What time do you wake up?

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Do you wake up feeling rested?

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## Activity

How active are you most days, or most weeks?

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What type of exercise are you doing? Ie: cardio, strength etc

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How long do you keep your heart rate up daily?

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## Stress

Rate these from 1-10

How much stress do you have at work?

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How much stress do you have at home?

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How much stress do you have in other areas of your life?

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## Energy

What time of day does your energy tend to drop?

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What are your symptoms when energy levels drop?

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What do you do when your energy levels drop?

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## Food and habits that INCREASE energy

As we go through this next section, write down the ones you ARE good at on the left. And the ones that need work, on the right.

### GOOD AT

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### NEEDS WORK

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