

Use worksheet 2 to grade each activity in terms of how difficult it is and how much energy it uses up.

Highlight red the high energy and tiring tasks, highlight orange the moderate energy tasks and highlight in green the low energy or energy replenishing/relaxing tasks.

Week 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1am							
2am							
3am							
4am							
5am							
6am							
7am							
8am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							
11pm							
12am							

Look for any colour patterns – are there more greens at the end of the week and more reds at the start? How can this be evened out?

Change your activities around to make this more even and work better for you. Re write your new paced routine chart on Worksheet 3