

TABLE 2.1 > **Monitoring Your Energy Level**

DAY:			
Time	High Energy Level	Average Energy Level	Low Energy Level
5:00 AM			
6:00 AM			
7:00 AM			
8:00 AM			
9:00 AM			
10:00 AM			
11:00 AM			
12:00 PM			
1:00 PM			
2:00 PM			
3:00 PM			
4:00 PM			
5:00 PM			
6:00 PM			
7:00 PM			
8:00 PM			
9:00 PM			
10:00 PM			
11:00 PM			
12:00 AM			
1:00 AM			
2:00 AM			
3:00 AM			
4:00 AM			