

Tool 1: The 24-Hour Energy Tracker

“What gets measured gets optimized.”

This simple but powerful tool allows you to map your personal energy curve across the day—physical, emotional, and cognitive.

How It Works

Set alarms or calendar pings every 2 hours (e.g., 8 a.m., 10 a.m., 12 p.m., etc.).

At each check-in, quickly rate the following on a scale of 1 (Low) to 5 (High):

- Physical energy (body)
- Mental clarity (mind)
- Emotional tone (mood)

Time	Physical Energy (Body)	Mental Clarity (Mind)	Emotional Tone (Mood)	Notes
6:00 AM				
8:00 AM				
10:00 AM				
12:00 PM				
2:00 PM				
4:00 PM				
6:00 PM				
8:00 PM				
10:00 PM				