

Daily Energy Protocol Template

This structure is based on circadian and ultradian science, energy cycle research, and behavioral reinforcement theory.

Structured Daily Protocol

Time Block	Protocol Activities
Morning (6:00–10:00 a.m.)	<ul style="list-style-type: none">• Hydrate immediately upon waking• Sunlight or movement within 30 minutes (stimulates cortisol awakening response)• No email or digital messages before first focus block• Prime energy with gratitude, journaling, or visualization
First Focus Block (8:00–10:00 a.m.)	<ul style="list-style-type: none">• High-cognition task (writing, strategy, problem-solving)• Turn off notifications• Use Pomodoro (50/10) or 90/20 sprint
Midday Reset (12:00–1:00 p.m.)	<ul style="list-style-type: none">• Eat nourishing, low-sugar lunch• 10–20 min walk or unplugged rest• Quick review of morning wins
Afternoon Block (1:00–3:00 p.m.)	<ul style="list-style-type: none">• Medium-energy tasks (meetings, collaboration, light admin)• Insert 10-minute recovery break every 90 minutes
Late Day Wind Down (3:00–5:00 p.m.)	<ul style="list-style-type: none">• Clear email or triage inbox• Log “Top 3 Wins” and “Tomorrow’s 1st Task”• 5-minute visual shutdown of digital clutter