

DAILY ENERGY TRACKER

DATE

USE THIS TRACKER MORNING AND EVENING TO NOTE THE CYCLICAL EBBS AND FLOWS OF YOUR ENERGY.

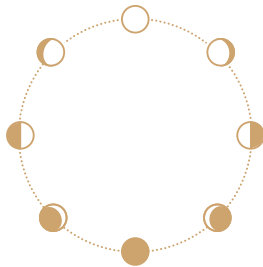
Track your menstrual cycle (if you have one) and/or the lunar cycle, knowing that each is adding a predictable energetic flavor to your days that you can depend on to do your best work and live your best life.

MORNING

Day of your cycle: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20
21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40

Phase of your cycle: MENSTRUAL FOLLICULAR OVULATION LUTEAL

LUNAR PHASE



ENERGY KEY

- FULL MOON + OVULATION
Connect + Be Visible
- WANING MOON + LUTEAL
Focus + Complete
- NEW MOON + MENSTRUAL
Rest + Reflect
- WAXING MOON + FOLLICULAR
Plan + Initiate

HOW WAS MY SLEEP LAST NIGHT?

- INSOMNIA
- RESTLESS
- RESTFUL
- DREAM-FILLED

HOW MANY HOURS DID I GET?

..... HOURS OF SLEEP

FOCUS/INTENTION/PRIORITY FOR THE DAY:

WHAT DO I FEEL LIKE DOING TODAY?
HOW CAN I HONOR THAT, EVEN IN A SMALL WAY?

EVENING

How was your physical energy today?



EXHAUSTED



MEDIUM



HIGH



LOW



How did you feel in your body today?
Any symptoms to note?



GROUNDED



FRESH



IGNITED



INWARD



How did you feel today emotionally?



SENSITIVE



HAPPY



CONNECTED



IRRITATED



How was your sexual energy today?



DONT TOUCH ME



MEDIUM



HIGH



LOW



How did you feel today mentally?



INTUITIVE



MOTIVATED



COMMUNICATIVE



FOCUSED



Did you move your body today?
What did you do? How did it feel?

- Nothing
- Stretched
- Walked
- Danced

- Cardio
- Weights
- Yoga
- Other: _____

What did you work on today?
How did that go?

- Research/Reflection
- Making Decisions
- Planning
- Initiating Things
- Connecting

- Being Visible
- Details
- Completing Things
- Others: _____

When did you feel your best today?



MORNING



MID-DAY



AFTERNOON



EVENING/NIGHT

WHAT WENT REALLY GREAT TODAY?

WHAT DIDN'T GO SO GREAT AND WHAT DID YOU LEARN FROM IT?

WHAT ARE YOU GRATEFUL FOR?