



10 Daily Energy Habits

	Habits	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								

Instructions: Choose up to 10 habits that give you great energy and track how many you can do each day. Tips: These are habits you want to do, not that you “should” do. Keep them simple. Make some easy and fun. If you want some to be things you “stop doing,” limit these to just 2-3 (they are more difficult).