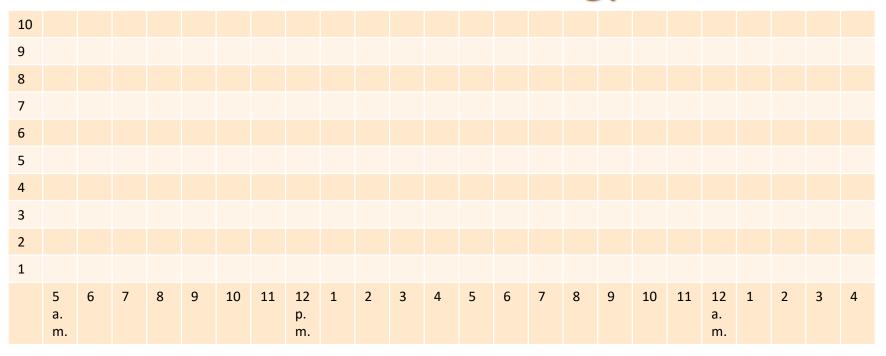
## Track Your Energy



Throughout the day, look back on your previous hour and rate your energy level from 1 (low) to 10 (high). Don't rate time sleeping. "Energy" isn't limited to physical energy; it also refers to mental energy. If you do more work with your mind than your hands, focus on your attention-level and ability to meet your goals.