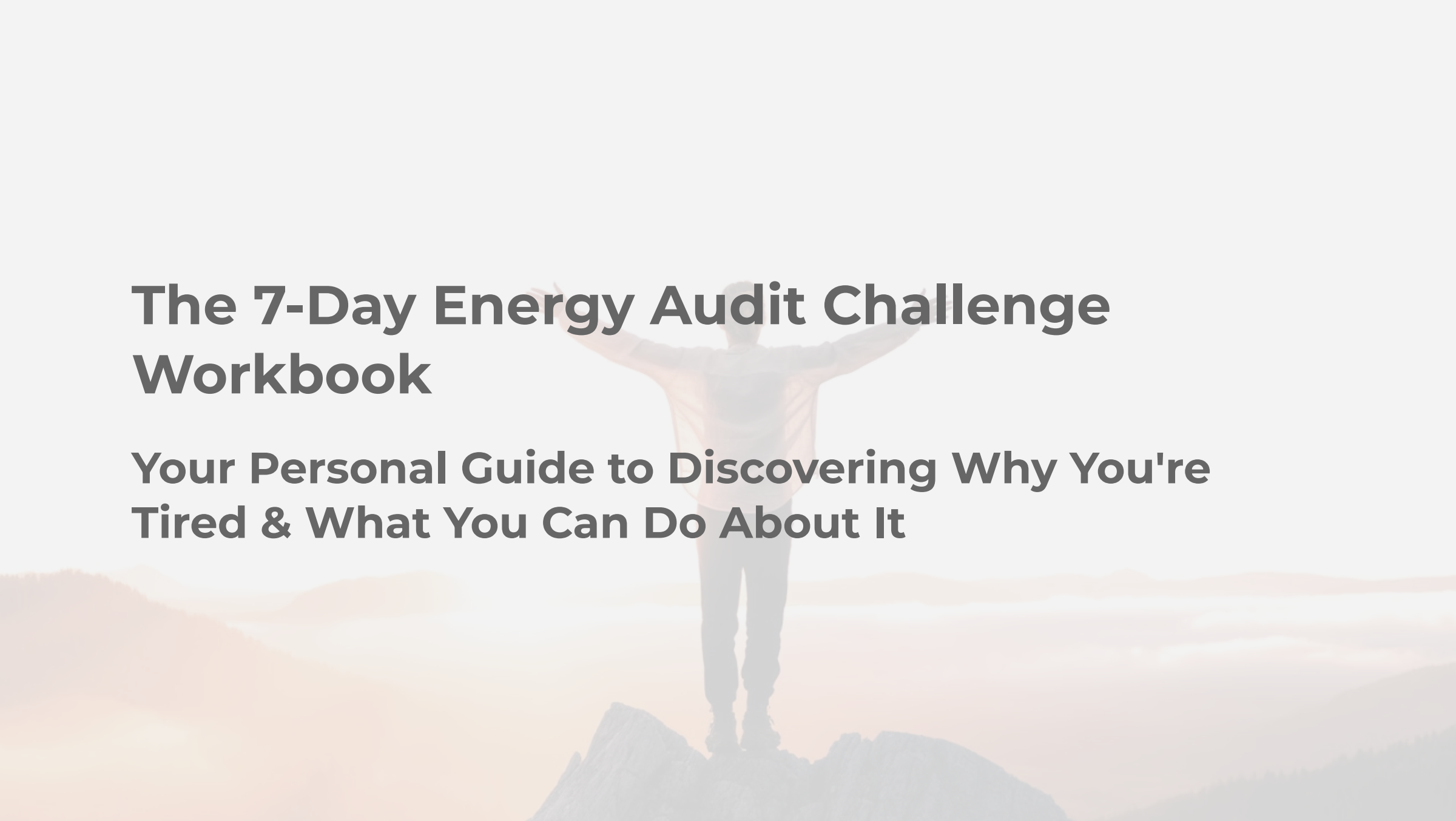




The 7-Day Energy Audit Challenge Workbook

**Your Personal Guide to Discovering Why You're
Tired & What You Can Do About It**

Welcome to Your Energy Transformation

You've taken the first step toward understanding your unique energy patterns. This workbook is your companion for the next 7 days as you uncover the hidden patterns that govern your vitality.

How to Use This Workbook:



Set aside 5-10 minutes each morning to review the day's mission



Keep this workbook with you throughout the day



Be honest in your tracking - this is YOUR data



Complete each evening reflection before bed

Your Commitment:

Check the box below to commit to 7 days of energy awareness:

☐ I commit to completing this 7-day challenge with curiosity and honesty

Day 1: The Energy Tracking Foundation

Mission: Establish your baseline by tracking energy levels every 2 hours

Your Energy Scale

10 = Peak energy, could conquer the world

8-9 = High energy, focused and productive

6-7 = Good energy, can handle regular tasks

4-5 = Moderate energy, getting by

2-3 = Low energy, struggling

1 = Completely drained, barely functioning

Energy Tracking Chart

Time	Energy Level (1-10)	Activity/Context	Notes
7:00 AM	___/10		
9:00 AM	___/10		
11:00 AM	___/10		
1:00 PM	___/10		
3:00 PM	___/10		
5:00 PM	___/10		
7:00 PM	___/10		
9:00 PM	___/10		

Evening Reflection - Day 1

Highest energy was at: _____ (time)

Lowest energy was at: _____ (time)

What surprised you about today's pattern?

Action for Tomorrow:

- Continue tracking every 2 hours
- Pay attention to what you eat/drink before energy dips

Day 2: Energy Drain Detective Work

Mission: Identify your top 3 energy zappers using detective analysis

The Energy Drain Investigation

Physical Energy Drains

(Check all that apply):

- ☐ Poor sleep quality
- ☐ Dehydration
- ☐ Blood sugar crashes
- ☐ Sitting too long
- ☐ Poor posture
- ☐ Lack of natural light
- ☐ Too much caffeine
- ☐ Heavy meals
- ☐ Other: _____

Emotional Energy Drains

(Check all that apply):

- ☐ Difficult people/conversations
- ☐ Conflict avoidance
- ☐ People pleasing
- ☐ Negative self-talk
- ☐ Comparison to others
- ☐ Unresolved issues
- ☐ Lack of boundaries
- ☐ Feeling overwhelmed
- ☐ Other: _____

Mental Energy Drains

(Check all that apply):

- ☐ Decision fatigue
- ☐ Information overload
- ☐ Multitasking
- ☐ Unclear priorities
- ☐ Mental clutter
- ☐ Worry/anxiety
- ☐ Perfectionism
- ☐ Procrastination
- ☐ Other: _____

Environmental Energy Drains

(Check all that apply):

- ☐ Cluttered workspace
- ☐ Noise pollution
- ☐ Poor air quality
- ☐ Wrong temperature
- ☐ Uncomfortable seating
- ☐ Bad lighting
- ☐ Disorganization
- ☐ Other: _____

Your Top 3 Energy Zappers

Based on your investigation, identify your biggest energy drains:

1.

Why it drains you:

When it typically happens:

2.

Why it drains you:

When it typically happens:

3.

Why it drains you:

When it typically happens:

Energy Tracking Chart - Day 2

Time	Energy Level (1-10)	Energy Drains Noticed	Notes
7:00 AM	___/10		
9:00 AM	___/10		
11:00 AM	___/10		
1:00 PM	___/10		
3:00 PM	___/10		
5:00 PM	___/10		
7:00 PM	___/10		
9:00 PM	___/10		

Evening Reflection - Day 2

Which energy drain showed up most today?

How might you minimize this drain tomorrow?

Day 3: Quick Win Energy Boosters

Mission: Choose and implement 3 micro-habits from the energy booster menu

The Energy Booster Menu

Choose 3 that feel most doable for you:

Physical Boosters:

- ☐ 2-minute breathing exercise (4-7-8 breath)
- ☐ 30-second desk stretches every hour
- ☐ Drinking 16oz water upon waking
- ☐ 5-minute walk outside
- ☐ Standing/walking during phone calls

Mental Boosters:

- ☐ Single-tasking for 25-minute blocks
- ☐ 2-minute brain dump before important tasks
- ☐ Saying "no" to one non-essential request
- ☐ Setting 3 priorities max per day
- ☐ Taking a real lunch break

Environmental Boosters:

- ☐ Opening blinds/getting natural light first thing
- ☐ Decluttering workspace for 5 minutes
- ☐ Listening to energizing music
- ☐ Adjusting temperature to 68-72°F
- ☐ Using a plant or essential oil for ambiance

Your 3 Chosen Boosters

1.

When I'll do it:

How I'll remember:

2.

When I'll do it:

How I'll remember:

3.

When I'll do it:

How I'll remember:

Energy Tracking Chart - Day 3

Time	Energy Level (1-10)	Boosters Used	Impact?
7:00 AM	___/10		
9:00 AM	___/10		
11:00 AM	___/10		
1:00 PM	___/10		
3:00 PM	___/10		
5:00 PM	___/10		
7:00 PM	___/10		
9:00 PM	___/10		

Booster Tracking

Used booster #1 - How did it feel? _____

Used booster #2 - How did it feel? _____

Used booster #3 - How did it feel? _____

Evening Reflection - Day 3

Which booster had the biggest impact?

What made it effective?

Day 4: The 5-Minute Morning Energy Reset

Mission: Practice the signature morning routine for busy people

Your Morning Energy Reset Protocol

Step 1: BREATHE (90 seconds)

- 3 deep breaths: Inhale for 4, hold for 7, exhale for 8
- Set intention: "Today I will honor my energy"

Step 3: HYDRATE (30 seconds)

- Drink 16oz of water
- Optional: Add lemon or electrolytes

Step 2: MOVE (2 minutes)

- Gentle stretches (neck, shoulders, back)
- 30-second energizing movement (jumping jacks, arm circles, etc.)

Step 4: FUEL INTENTION (1 minute)

- Identify your top 3 priorities for today
- Choose which energy booster you'll use when energy dips

Morning Reset Tracking

Day 4 Morning Reset:

- ☐ Completed breathing (How did it feel? _____)
- ☐ Completed movement (Energy level 1-10: _____)
- ☐ Completed hydration
- ☐ Set priorities: 1. _____ 2. _____ 3. _____

Energy Tracking Chart - Day 4

Time	Energy Level (1-10)	Notes	Morning Reset Impact?
7:00 AM	___/10		
9:00 AM	___/10		
11:00 AM	___/10		
1:00 PM	___/10		
3:00 PM	___/10		
5:00 PM	___/10		
7:00 PM	___/10		
9:00 PM	___/10		

Evening Reflection - Day 4

How did your morning energy compare to previous days?

Which part of the morning reset felt most valuable?

Day 5: Afternoon Energy Management

Mission: Navigate the 2-4 PM energy dip with strategic interventions

Understanding Your Afternoon Pattern

Review your previous 4 days - what typically happens between 2-4 PM?

Afternoon Energy Strategy Menu

Choose 2 strategies to try during your low-energy window:

Prevention Strategies:

- ☐ Eat protein-rich lunch (avoid heavy carbs)
- ☐ Take a 10-15 minute walk after lunch
- ☐ Do your easiest tasks during 1-3 PM
- ☐ Schedule demanding work before 2 PM or after 4 PM

In-the-Moment Strategies:

- ☐ 5-minute meditation or breathing exercise
- ☐ Cold water on face/wrists
- ☐ Stand and do 10 desk push-ups
- ☐ Switch to a different type of task
- ☐ Get natural light exposure

Recovery Strategies:

- ☐ Accept the dip and do administrative tasks
- ☐ Take a 20-minute power nap (if possible)
- ☐ Listen to energizing music
- ☐ Connect with a colleague (social energy)

Your Chosen Strategies

Strategy 1:

When you'll use it: _____

Strategy 2:

When you'll use it: _____

Energy Tracking Chart - Day 5

Time	Energy Level (1-10)	Strategy Used	Effectiveness
12:00 PM	___/10		
1:00 PM	___/10		
2:00 PM	___/10		
3:00 PM	___/10		
4:00 PM	___/10		
5:00 PM	___/10		
6:00 PM	___/10		

Afternoon Strategy Results

Used strategy #1 - Result: _____

Used strategy #2 - Result: _____

Evening Reflection - Day 5

How did your afternoon energy compare to previous days?

What will you try differently tomorrow afternoon?

Day 6: Evening Recovery Ritual

Mission: Design your personal wind-down routine for better recovery

Current Evening Assessment

What does your typical evening look like? (Check all that apply)



☐ Work until bedtime



☐ Screen time in bed



☐ Eating late dinners



☐ Stress about tomorrow



☐ Collapse exhausted



☐ Scroll social media



☐ Watch TV to "relax"



☐ Feel wired but tired

Evening Recovery Framework

Step 1: TRANSITION (Choose 1)

- ☐ Change clothes to signal end of workday
- ☐ Take 3 deep breaths at your front door
- ☐ Do a 2-minute "brain dump" of tomorrow's tasks
- ☐ Listen to calming music for 5 minutes

Step 2: NOURISH (Choose 1)

- ☐ Prepare a healthy, light dinner
- ☐ Drink herbal tea
- ☐ Practice gratitude (3 things that went well)
- ☐ Connect meaningfully with family/friends

Step 3: RESTORE (Choose 1)

- ☐ Take a warm bath or shower
- ☐ Read fiction for 15-20 minutes
- ☐ Do gentle stretches or yoga
- ☐ Practice journaling or meditation

Step 4: PREPARE (Choose 1)

- ☐ Set out clothes for tomorrow
- ☐ Review and adjust tomorrow's priorities
- ☐ Prepare workspace for easy start
- ☐ Do a 5-minute tidy of living space

Your Evening Recovery Ritual

Transition activity:

Nourish activity:

Restore activity:

Prepare activity:

What time will you start this ritual? _____

Energy Tracking Chart - Day 6

Time	Energy Level (1-10)	Evening Activity	Quality of Energy
5:00 PM	___/10		
6:00 PM	___/10		
7:00 PM	___/10		
8:00 PM	___/10		
9:00 PM	___/10		
10:00 PM	___/10		

Evening Ritual Tracking

- ☐ Completed transition activity
- ☐ Completed nourish activity
- ☐ Completed restore activity
- ☐ Completed prepare activity

How did you feel going to bed compared to previous nights?

Evening Reflection - Day 6

What felt most valuable about having an evening ritual?

What would you modify for tomorrow night?

Day 7: Energy Pattern Analysis

Mission: Analyze your week of data to identify your unique energy blueprint

Weekly Energy Pattern Review

Looking at all 7 days, identify your patterns:

My highest energy times are typically:	My lowest energy times are typically:
My energy tends to dip when:	My energy tends to rise when:

Your Top Energy Drains (from this week)

- 1. _____
- 2. _____
- 3. _____

Your Most Effective Energy Boosters

- 1. _____
- 2. _____
- 3. _____

Strategy Effectiveness Assessment

Rate each strategy's effectiveness (1-10):

____/10	____/10	____/10	____/10
Morning Reset	Energy Boosters	Afternoon Management	Evening Recovery

Your Personal Energy Blueprint

Based on your 7 days of discovery, complete your energy profile:

I am most naturally energetic
between: _____ and

I need to be most protective
of my energy during:
_____ and _____

My non-negotiable energy
practices going forward will
be:

When I feel energy dropping, I will:

To maintain sustainable energy, I commit to:

Final Energy Tracking Chart - Day 7

Time	Energy Level (1-10)	Notes	Insights
7:00 AM	___/10		
9:00 AM	___/10		
11:00 AM	___/10		
1:00 PM	___/10		
3:00 PM	___/10		
5:00 PM	___/10		
7:00 PM	___/10		
9:00 PM	___/10		

Your 30-Day Energy Action Plan

Based on your discoveries, create your sustainable energy management plan:

Daily Non-Negotiables

Weekly Energy Reviews

- Every _____ (day), I will review my energy patterns
- I will adjust my strategies based on what I notice

Energy Emergency Plan

When I feel completely drained, I will:

Monthly Energy Audit

I will repeat this tracking process once per month to stay aware

Congratulations!

You've completed the 7-Day Energy Audit Challenge!

You now have:



Your unique energy pattern map



Proven strategies that work for your lifestyle



Awareness of your biggest energy drains



A personalized toolkit for sustainable energy

Next Steps

- Implement your top 3 energy practices for the next 30 days
- Share your biggest insight with someone who supports your growth
- Schedule a monthly energy check-in with yourself

Remember: Sustainable energy isn't about perfection - it's about awareness and small, consistent actions that honor how your energy actually works.

You've got this. Your energy is worth protecting.

For continued support and advanced energy management strategies, visit <https://www.hpexec.blog> or email at sumit@hpexec.blog