

Energy Form

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
4:00 AM							
5:00 AM							
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
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12:00 AM							
1:00 AM							
2:00 AM							
3:00 AM							

Suggested entries:

L = Low; M = Medium; H = High

or

0 = Sleeping; 3 = Low; 5 = Medium; 10 = Highest energy