

ENERGY LEVEL SCALE

RATING	ENERGY LEVEL MARKERS	EMOTION	SOURCE
<p>7 – 10</p> <p>Highest Energy</p>	<p>Wake up refreshed and ready to go</p> <p>Take join in being active, moving body</p> <p>Able to focus deeply on the present</p> <p>Make good food choices and spend time wisely</p> <p>Enjoy professional reading</p> <p>Able to sink into quiet for prayer or sleep</p>		
<p>5 – 7</p> <p>Moderate Energy</p>	<p>Aware of some tiredness, but happy to be up and about</p> <p>Don't want to work out, but can get there and enjoy it</p> <p>Less inclined to read serious material</p> <p>A little fidgety, but able to focus with some effort</p>		
<p>3 – 5</p> <p>Low Energy</p>	<p>Very tired</p> <p>Any excuse not to work out</p> <p>Only want to read novels</p> <p>Fidgety, inclined not to stay with things</p>		
<p>0 – 3</p> <p>Minimal to No Energy</p>	<p>No energy</p> <p>Feel like staying in bed all day</p> <p>Can't summon up interest</p> <p>Watch a lot of TV</p>		