WHAT IS MY OPTIMUM ENERGY CYCLE?

1 No energy; 2 Low Energy; 3 Medium Energy; 4 Med High Energy; 5 High Energy

	Day 1		Day 2		Day 3		Best Use of
Time	Activity	Energy Level	Activity	Energy Level	Activity	Energy Level	my time in this slot:
7:00							
7:30		~					
8:00	/2	And the second		1			
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9:00							
9:30							
10:00		The same of the					
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3:30	1.134 4.82						
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6:00	By the state				- 1 a	2	
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7:00						5 200	
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8:00	W. Jan	192					- 1
8:30				- 77-3-	1-1		
9:00	1.0		<u> </u>		The state of the s	of part of the	
9:30		1			e e e e e e e e e e e e e e e e e e e		
10:00				To the second se			
10:30				1 1 1 mm			

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