

WHAT IS MY OPTIMUM ENERGY CYCLE?

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

Time	Day 1		Day 2		Day 3		Best Use of my time in this slot:
	Activity	Energy Level	Activity	Energy Level	Activity	Energy Level	
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
Noon							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							

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email: Marsha@MarshaEgan.com
 web: www.MarshaEgan.com
 blog: www.MarshaEgan.com/blog
 connect: [Twitter](#) [LinkedIn](#) /MarshaEgan

