

# SCHEDULING YOUR ENERGY

*Maximize Efficiency  
with Energy*

## ENERGY LEGEND

- family/friends/sleep - no tech, just connect
- white space - take in info, no high level work
- focused energy - no distractions, use this time wisely!
- overflow tasks - admin/chore time/last minute stuff

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 AM							
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