

THE ENERGY *Audit*

Write out all the things on your daily to do list and the time it takes to complete them. Your numbers should add up to twenty-four hours.

Task:

Time:

Ex: Get Up + Quiet Time

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
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_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Total:

IF SOCIAL MEDIA SCROLLING TAKES UP 3 HOURS PER DAY, LOG IT!