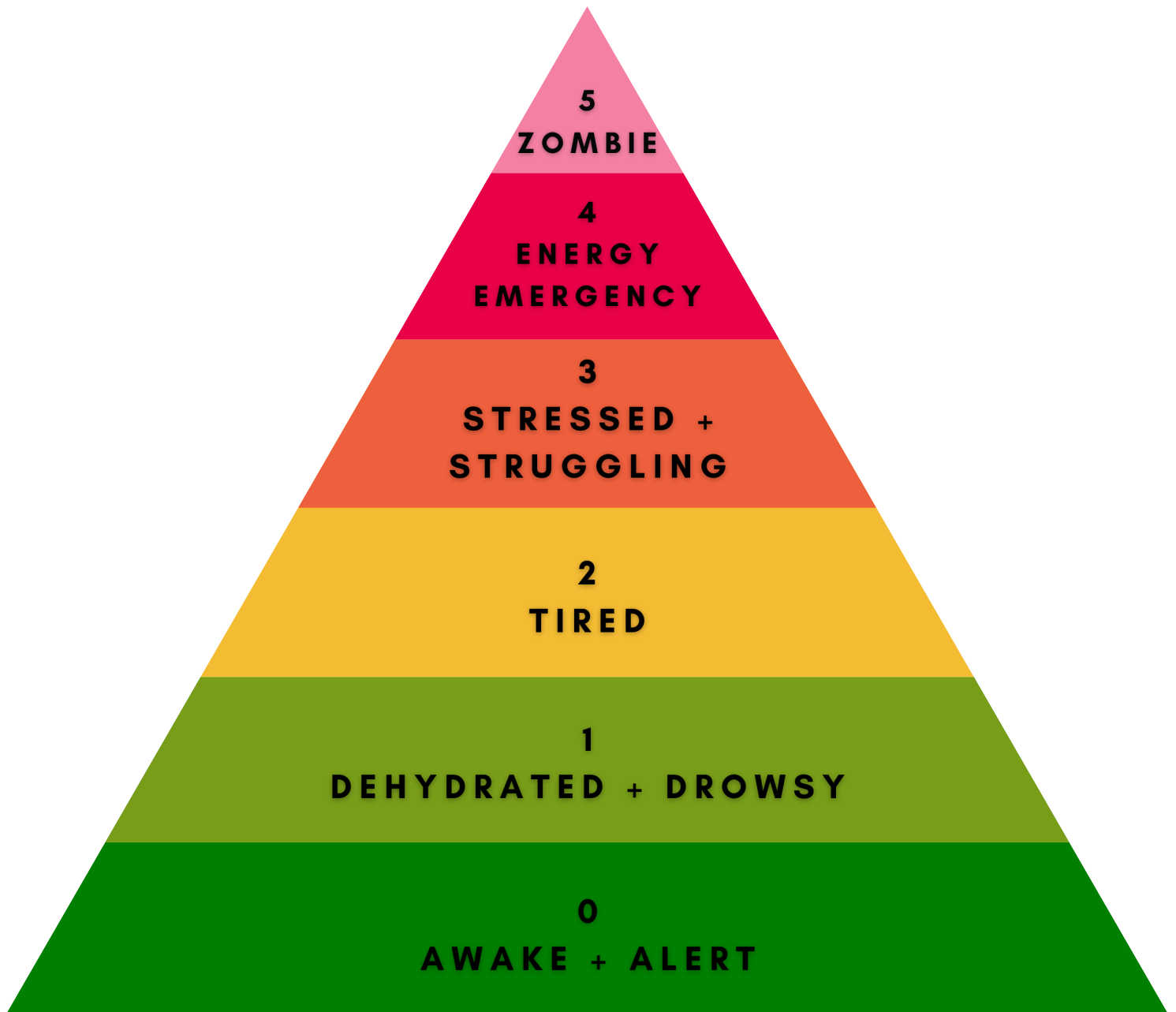


The GreenEyedGuide Energy Audit



THE 5 LEVELS OF FATIGUE

Created By Danielle Robertson Rath
GreenEyedGuide

At the end of each day, record how tired you felt on a scale of 0-5 where 0 = "Alert and Energized" and 5 = "As Exhausted/Overwhelmed as I've Ever Been." Then note any caffeine you had and any fatigue triggers.

Day	Level of Fatigue 0-5	What caffeine did you have?	Triggers

Use this page to note any trends you've observed from your audit. For example, are there any particular events or triggers which always cause you to reach a specific Level of Fatigue? Is there anything you could change to minimize those events or triggers?

5
ZOMBIE

4
ENERGY
EMERGENCY

3
STRESSED +
STRUGGLING

2
TIRED

1
DEHYDRATED +
DROWSY

0
AWAKE + ALERT

THE 5 LEVELS OF FATIGUE