

Old Energy Equation

TIME	CATEGORY	SITUATION	DECREASE	INCREASE	BALANCE
		Beginning Balance			
		Sleep		+7	7
	Nutrition	Breakfast – poor quality	-3		4
	Thoughts	Lost a Job	4		0
	Thoughts	Cranky Husband	-10		-10
		Energy Vampire	-5		-15
		Nothing available to Give to a Friend	0		
	Nutrition	Lunch – poor quality	-4		-19
	Nutrition	Dinner – poor quality	-4		-23
	End of Day	Totals	-30	+7	-23

OVERDRAWN

Next Day

TIME	CATEGORY	SITUATION	DECREASE	INCREASE	BALANCE
		Beginning Balance			-23
		Sleep – but not as good		+5	-18
		More of the Same			
	End of Day	Totals	-30	+5	-48

OVERDRAWN

TIME	CATEGORY	SITUATION	DECREASE	INCREASE	BALANCE
		Beginning Balance			-48
		Sleep – but not as good		+4	-44
		More of the Same			
	End of Day	Totals	-30	+4	-74

OVERDRAWN

TIME	CATEGORY	SITUATION	DECREASE	INCREASE	BALANCE
		Beginning Balance			
		Sleep		10	10
		Pray		3	13
	Exercise	AM Floor Exercises		1	14
	Nutrition	Breakfast		2	16
	Exercise	Walk		3	19
	Nature	Sun		3	22
	Nature	Air		3	25
		Slow down		3	28
	Meditate	Pray		3	31
	Exercise	Steps		1	32
	Thoughts	Cranky Husband	-1		31
		Energy Vampire	-0		31
		Give to a Friend	-5		26
	Nutrition	Lunch		4	30
		Nice e-mail		1	31
	End of Day	Totals	-6	+37	+31

+31
 Balance to start
 the next day