

Sound Body Physical Energy Management Strategies

Rate yourself from 1-10 (10 being the most congruent with the statement)

1. Go to Bed early and wake up early_____
2. Go to sleep and wake up consistently at the same times_____
3. Eat five to six small meals daily_____
4. Eat Breakfast every day_____
5. Eat a balanced, healthy diet_____
6. Minimize simple sugars_____
7. Drink 48 to 64 ounces of water daily_____
8. Take breaks every ninety minutes during work_____
9. Get some physical activity daily_____
10. Do at least two cardio workouts and two strength-training workouts a week_____

Add up your total score_____

What can you do to improve your energy level and overall health?

What will you commit to doing this year?

What resources do you have to help out?