Map of your energy through the day

Recording energy by the hour, showing when you're capable of what — and when you aren't.

> Many people schedule their hardest tasks for when they have least energy, and then accuse themselves of laziness. Record for **one week, every three hours**. Scheduling by energy is more effective than scheduling by urgency, and doesn't require more willpower.

The week

TIME	MON	TUE	WED	THU	FRI	SAT	SUN

1. Enter ratings at 6am, 9am, 12pm, 3pm, 6pm and 9pm.

What I notice

When is the peak of the day?

When is the trough?

Which demanding task do I move into the peak?

Which mechanical task do I move into the trough?