KEY

High Energy -> 🟩
Decent Energy -> 🟨
Low Energy -> 🟥

For reference

Mark the energy level you have each time you start the routine.

You only have to do the task if you are at an equal or higher energy level for the task at hand.

Mark the task and the energy level associated with it.

SYMBOLS

❓ <- Unsure

▨ <- Completed

☒ <- Cancelled

◻ <-

◻ <-

◻ <-

◻ <-

THE POINT

The point of this system is to keep doing the tasks you need to do while also preserving your energy level and not exhausting yourself doing things you don't have the energy for.

Do not assign a single energy level for the entire day, it is allowed to shift and change as the day goes on. You can have a bad morning and still have a good night. <3

This keeps you from looking at all the unfilled spots on your trackers and being unmotivated because you aren't doing everything. You're right, sometimes you don't do everything, you can only do your best.

* you have full authority to change and modify this as you need, it's yours, use it how it'll help you.