

### Show Your Energy!

What was your energy level at the end of the school day yesterday?







fully recharged

# Show Your Energy!

What was your energy level at home yesterday?







fully recharged

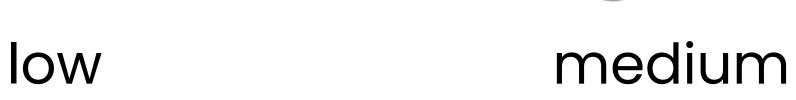
low

medium

# Show Your Energy!

What is your energy level right now?







fully recharged

#### Energy Influences Choices

Your energy influences the choices you make each day.













Fill in the blanks.

YOUR \_\_\_\_ INFLUENCES YOUR CHOICES.

#### Your Energy

How does energy influence choices?

Track what choices you made after you checked your energy.



