

Energy Influences Choices



Show Your Energy!

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



low



medium



fully recharged

Show Your Energy!

What was your energy level at home yesterday?



low



medium



fully recharged

Show Your Energy!

What is your energy level right now?



low



medium



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.



Name _____

Match the Mood

Your energy level changes throughout the day and can affect how you feel. Draw lines to match the batteries with the feeling faces.



Track it!

Write or draw your screen-free activity each day of the week!

Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

--	--	--	--	--	--	--

*fit*TM

SANFORD®