# Energy budget: drains and refills

List what drains you and what refills you, then plan a week that balances the two.

NAME

DATE

### What drains my energy

### What refills my energy

## THIS WEEK

| Day | Big drain planned | Refill I'll add |
|---|---|---|
| Mon | | |
| Tue | | |
| Wed | | |
| Thu | | |
| Fri | | |
| Sat | | |
| Sun | | |