# Stress and Energy Management Log Template

## Weekly Overview

Week of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### Top Stressors of the Week

### Energy Management Goals

## Daily Logging

### Monday

* Stress Levels (1-10): \_\_\_\_\_\_\_\_\_\_\_\_
* Main Stressors:
* Energy Levels: ⚡⚡⚡ (High) ⚡⚡ (Medium) ⚡ (Low)
* Actions Taken to Manage Stress:
* Activities That Boosted Energy:
* Reflection: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### Tuesday

* Stress Levels (1-10): \_\_\_\_\_\_\_\_\_\_\_\_
* Main Stressors:
* Energy Levels: ⚡⚡⚡ (High) ⚡⚡ (Medium) ⚡ (Low)
* Actions Taken to Manage Stress:
* Activities That Boosted Energy:
* Reflection: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### Wednesday

* Stress Levels (1-10): \_\_\_\_\_\_\_\_\_\_\_\_
* Main Stressors:
* Energy Levels: ⚡⚡⚡ (High) ⚡⚡ (Medium) ⚡ (Low)
* Actions Taken to Manage Stress:
* Activities That Boosted Energy:
* Reflection: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### Thursday

* Stress Levels (1-10): \_\_\_\_\_\_\_\_\_\_\_\_
* Main Stressors:
* Energy Levels: ⚡⚡⚡ (High) ⚡⚡ (Medium) ⚡ (Low)
* Actions Taken to Manage Stress:
* Activities That Boosted Energy:
* Reflection: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### Friday

* Stress Levels (1-10): \_\_\_\_\_\_\_\_\_\_\_\_
* Main Stressors:
* Energy Levels: ⚡⚡⚡ (High) ⚡⚡ (Medium) ⚡ (Low)
* Actions Taken to Manage Stress:
* Activities That Boosted Energy:
* Reflection: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### Saturday

* Stress Levels (1-10): \_\_\_\_\_\_\_\_\_\_\_\_
* Main Stressors:
* Energy Levels: ⚡⚡⚡ (High) ⚡⚡ (Medium) ⚡ (Low)
* Actions Taken to Manage Stress:
* Activities That Boosted Energy:
* Reflection: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### Sunday

* Stress Levels (1-10): \_\_\_\_\_\_\_\_\_\_\_\_
* Main Stressors:
* Energy Levels: ⚡⚡⚡ (High) ⚡⚡ (Medium) ⚡ (Low)
* Actions Taken to Manage Stress:
* Activities That Boosted Energy:
* Reflection: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Weekly Reflection

### What Triggered the Most Stress?

### What Helped Manage Stress Effectively?

### How Did You Maintain or Boost Energy?

### Adjustments for Next Week:

## Notes and Ideas

[Space for additional notes, ideas, or brainstorming]

Remember: Managing stress and energy levels effectively requires ongoing awareness and adjustments. Use this log to track patterns, identify triggers, and make informed changes.