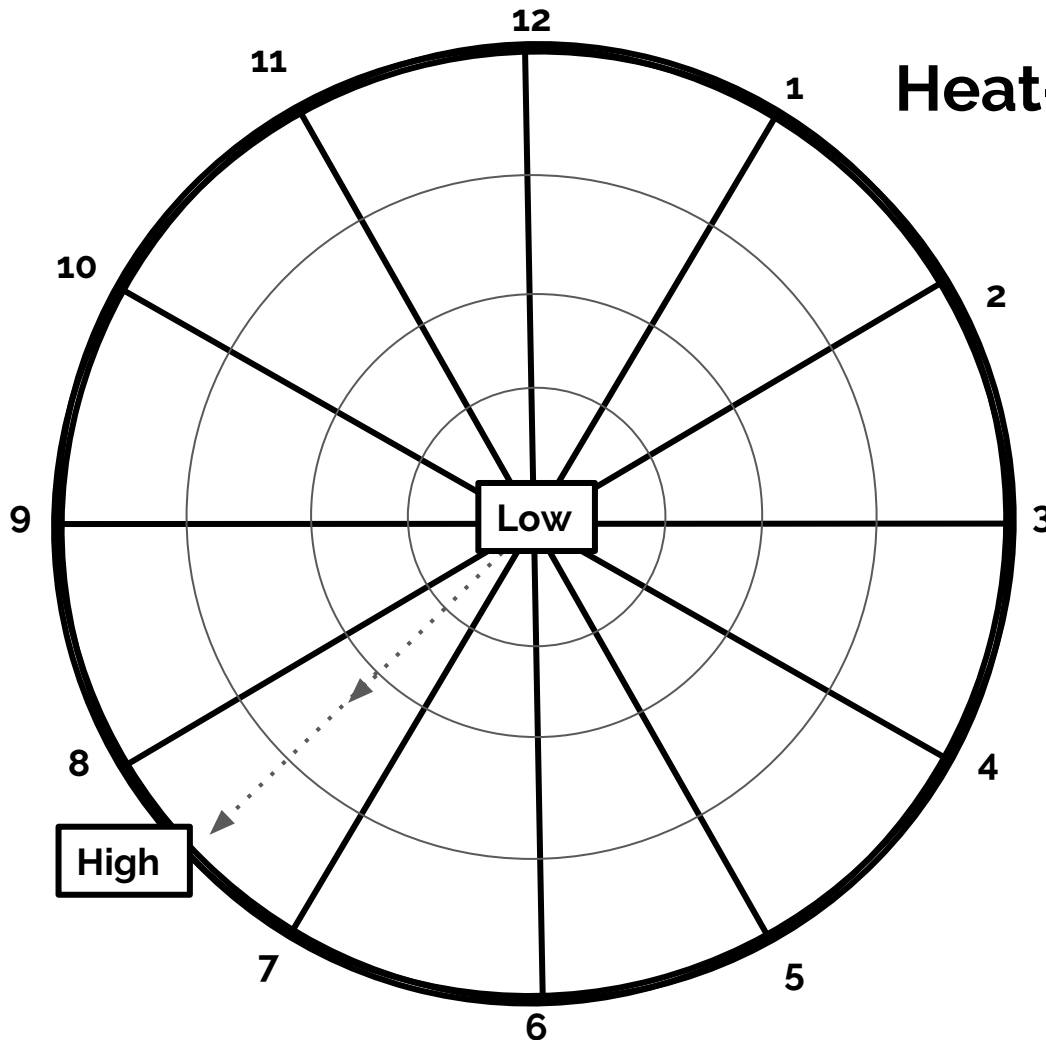


Heat-mapping your energy



Over a 12-hour period, block out the segments of the pie according to the levels of energy you experience: from low to high.

If your energy is **low** from 3pm to 4pm, you'll only need to block out **one small bite** of the segment, in the centre.

If your energy is **high**, block out the whole slice of the pie (4 bites).

If you would like to do more than 12 hours, you can always print a second sheet.