

## BATTERY ENERGY TRACKER



Fill out each of the "batteries" below with how much energy you feel you have used throughout the day. This can help you to see how well you balance your energy through the week.

| monday                                | ruesday | wednesday | inursday | Friday | Saturday | Sunday |
|---------------------------------------|---------|-----------|----------|--------|----------|--------|
|                                       |         |           |          |        |          |        |
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|                                       |         |           |          |        |          |        |
|                                       |         |           |          |        |          |        |
|                                       |         |           |          |        |          |        |
| This week I feel:                     |         |           |          |        |          |        |
|                                       |         |           |          |        |          |        |
| My symptoms have been:                |         |           |          |        |          |        |
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Chest Heart & Stroke Scotland is not responsible for any issues arising from misuse of this resource.

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