

Daily Energy Habit Tracker

Build simple habits that help you feel energized, focused, and happy – every single day.

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Drink a full glass of water in the morning	☐	☐	☐	☐	☐	☐	☐
Morning sunlight / short walk	☐	☐	☐	☐	☐	☐	☐
5-minute mindfulness or deep breathing	☐	☐	☐	☐	☐	☐	☐
Eat a balanced breakfast	☐	☐	☐	☐	☐	☐	☐
Move or stretch every hour	☐	☐	☐	☐	☐	☐	☐
Step outside for fresh air	☐	☐	☐	☐	☐	☐	☐
Limit screen time (1-hour digital detox)	☐	☐	☐	☐	☐	☐	☐
10-minute declutter	☐	☐	☐	☐	☐	☐	☐
Write 3 gratitude moments	☐	☐	☐	☐	☐	☐	☐
Calming night routine / lights off by 10 PM	☐	☐	☐	☐	☐	☐	☐

Notes / Reflections:

What made you feel most energized this week?

What habit helped your focus or mood the most?
