



My Energy Day

OBJECTIVE

Understanding how **food**, **sleep** and **movement** influence energy levels over the course of a **school day**, helping you identify patterns and make **simple adjustments** to improve your wellbeing.

YOUR MISSION

During a **day of classes**, observe your body and record the moments of greatest and lesser energy.

Step 1 - Watch your day

Notes:

- Moments when you felt the most energy:

- Moments when you felt the most tired:

Step 2 — What influenced the energy

For each moment of tiredness, he identifies:

- What you had eaten in the previous 2–3 hours:

- How you slept the night before:

☐ I slept well ☐ I slept little ☐ I slept badly

- How much you moved during the day:

☐ little ☐ moderated ☐ very



Step 3 – Identify patterns

At the end of the day, he answers:

- Identifies 2 moments of "power outage":

1. _____

2. _____

- What pattern unites them?

(e.g., nutrient-poor snack, few hours of sleep, many hours of sitting)

Step 4 – A Change for Tomorrow

Choose a **realistic change** that you can try the next day:

- ☐ Include **protein in breakfast**
- ☐ Bring a **nutritious snack**
- ☐ Drink more **water**
- ☐ reduce energy or sugary drinks
- ☐ Move more during the day
- ☐ other: _____

MY MOVE:



FINAL REFLECTION

What did you learn about the relationship between your **lifestyle** and your **energy** throughout the day?

FOODWISELAB TIP

Energy doesn't just depend on what you eat: **sleep, movement, and regularity** are all part of the same system—small changes can have a big effect.