

8am	10am	12 noon	2pm	4pm	6pm	8pm	10pm
MEDIUM ENERGY	LOW ENERGY to MEDIUM	HIGH ENERGY	LOW ENERGY	HIGH ENERGY	MEDIUM ENERGY	LOW ENERGY	LOW ENERGY
Get ready for the day (showered, hair, shave etc), have breakfast, wash up	Read the paper, watch TV, go on the computer, respond to emails, or make phone calls	Go for a walk, visit the shops, attend an appointment, have lunch, do some gardening, or clean the house	Rest, nap if needed, do meditation or relaxation exercises	Exercise, visit family or friends, take part in a hobby, or attend community group or club	Make tea, watch TV, clear up after tea	Read a book, do a puzzle, crafts such as knitting, relax, wind down and switch off before bed	Go to bed when ready for sleep, with no distractions