



Energy Level Tracker

NOTICE HOW YOUR ENERGY SHIFTS AND WHAT YOU NEED TO STAY IN FLOW.

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Hi there! A few words about me to start with:



I'm Melanie, and in my online practice I support people as a psychological counsellor, with a focus on

ADHD coaching, nervous system regulation, and a mindfulness approach that connects body and emotions.

I support neurodivergent adults and anyone seeking more inner balance. As a neurodivergent person myself, I understand both the challenges and the unique strengths that come with a differently wired nervous system.

With the **Energy Level Tracker package**, I've created materials designed to help you better understand yourself. With the tracker, you learn to recognize changes in your energy, become aware of your needs, and manage your energy intentionally.

Through its visual approach, the tracker helps you **turn self-awareness into action**.



MELANIE SCHROEDER
HEILPRAKTIKERIN FÜR PSYCHOTHERAPIE

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ENERGY LEVEL *Tracker*



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MY ENERGY LEVEL Tracker

NEUROSCIENTIFIC FOUNDATIONS ACCORDING TO LISA FELDMAN BARRETT



PHYSICAL ENERGY BUDGET

Your brain manages an energy budget for your body. This involves important substances such as salt, sugar (glucose), oxygen, and nutrients that your body needs in order to function properly.

1. **Part of this energy is used for very basic, vital processes that keep you alive.**
2. **Another part is used for repair and growth**, for example, you need more cells when you grow. When you learn something, nerve cells must become more interconnected and form new connections.
3. **The rest of the energy is used for everything that requires effort** such as working, exercising, or getting out of bed in the morning. Even dealing with uncertainty is exhausting.

Your body's energy (ATP) & energy balance

You have only a limited amount of energy that your body can produce each day, in the form of ATP. This is a chemical energy carrier that your cells use to function. ATP is produced from glucose, fats, and other nutrients.

You can positively influence your energy balance to some extent (more on that later). However, you always operate within a certain range, because you are a biological being and therefore have a natural upper limit.

If you are suffering from severe psychosocial stress or from an illness that consumes a large part of your energy budget, then your body no longer has much energy left for other things you actually need to do.

What your brain tries to do in such a case is: **reduce costs.**

Body Budget: Your Body's Energy Balance

An interesting point is that mood should not be understood purely as a psychological issue, but also as a signal of the body's energy balance.

When you view mood in the context of the physical budget, it becomes natural to pause from time to time and ask yourself: "What do I need right now?"

Maybe you slept poorly, haven't eaten, or are exhausted. In that case, it's not a mental problem but a physical deficit.

This knowledge is not a magic wand that solves all problems. However, it gives you the ability to respond consciously. Instead of dragging yourself through the day, you realize: My body needs something different, and I'm allowed to listen to it.



MY ENERGY LEVEL Tracker

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STRENGTHENING YOUR PHYSICAL ENERGY BUDGET

Your body manages an energy account every day, your so-called body budget. When you handle it mindfully, you can regulate stress more effectively, stabilize your mood, and develop greater inner calm and strength overall.

Plan your daily life, as much as possible, so that your energy level takes center stage. This is not a luxury, but a key foundation for emotional stability and the ability to take action.

Make sure that the withdrawals from your energy account are not higher than the deposits.

Here are five effective ways to intentionally support your energy level:

1. Sleep as a Source of Energy

- A regular sleep rhythm is the foundation for emotional stability and physical recovery.
- During the deep sleep phase, your body regenerates and processes what you have experienced and learned during the day.
- Be mindful to reduce screen time in the evening, as the light from your phone or laptop can disrupt your internal clock.

2. Food as a Resource

- Your brain needs nutrients for concentration and emotional balance.
- A balanced, nutrient-rich diet helps you feel strong, alert, and stable.

3. Regulating Through Movement

- Long walks help bring your system back into balance.
- Interval training (e.g., alternating exertion and recovery) strengthens your body's ability to return to equilibrium.

4. Social Connections as a Source of Strength

- People with whom you feel safe, seen, and accepted help lower the withdrawals from your energy budget.
- Conversely, stressful relationships can put a heavy strain on your energy account.
- Pay attention to which interactions give you energy and where you feel drained inside.

The biggest “cost factors” in the body’s energy balance are movement, learning new things, and dealing with ongoing uncertainty.

Profound change requires energetic stability (a balanced energy system).

That’s why it’s so important for your inner energy battery to remain balanced: Lasting transformation is only possible through energetic balance.



MY ENERGY LEVEL Tracker

INSTRUCTIONS | HOW DOES THE ENERGY LEVEL TRACKER WORK?



WELCOME TO YOUR ENERGY LEVEL TRACKER!






What you can do here:

You observe how full or empty your *inner battery* currently feels. The *inner battery* is a symbol for your energy level. Each day, you can mark the battery icons that best represent your energy throughout the day.

This battery visualization was inspired by Energy Accounting, a tool developed by Maja Toudal and Dr. Tony Attwood to support autistic individuals in managing everyday stress. The battery visualization is based on "Energy Accounting," a model developed by Maja Toudal and Dr. Tony Attwood to support autistic individuals in managing everyday stress.

The Scale:

Here you'll find a guide to what the different *battery levels* might mean for **your energy level**. Everyone experiences them differently, so take time to observe for yourself how each stage feels and what it means to you personally.

-  1 = No reserves left. Rest is urgently needed.
-  2 = A bit of energy left, but I need regular breaks.
-  3 = Average. Daily routine? Fine. Extra demands? Not today.
-  4 = Feeling good. Most things come easily.
-  5 = Fully charged! Ready to take on anything - even emails!

Options:

There are different templates depending on your preference.

Simply choose the one that suits you best:

- If you enjoy tracking daily, the *Weekly Overview* is the perfect template.
- For those who want to add notes about special moments and insights, the *Energy Level Journal* is ideal.
- For a minimalist approach, the *10-Day Tracker* and the *Detailed Tracker* are flexible, clear, and focused purely on tracking.

Reflection and Intention:

If you'd like, you can reflect on what has nourished you and what has drained your energy. The **Weekly Overview Tracker** or the **Energy Level Journal** with plenty of space for notes are especially well suited for this.

At the end of the document, you'll also find an **Energy Level Check-in** with helpful questions for reflection, designed to help you bring more awareness to your daily life, recognize your resources, and create meaningful change.

Also Important:

- Your tracker is a tool for self-assessment and over time, can help you strengthen self-awareness and mindfulness.
- You're free to notice and change patterns or habits, or simply observe them without judgment.
- Bonus points every time you keep an eye on your inner battery, recognize your limits in time, and take good care of yourself ;-)

MY ENERGY LEVEL Tracker

WEEKLY OVERVIEW | ENERGY CHECK OVER 7 DAYS



	MORNING	MIDDAY	EVENING		MORNING	MIDDAY	EVENING		
MONDAY DATE	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 		<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 		
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NOTES

What has been good for me? What do I want to invite more (or less) of into my life? How do different activities or situations impact my energy?

MY ENERGY LEVEL Tracker

OVERVIEW OF YOUR ENERGY LEVEL OVER 10 DAYS



	MORNING	MIDDAY	EVENING	MORNING	MIDDAY	EVENING
DAY	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○
DATE						
DAY	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○
DATE						
DAY	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○
DATE						
DAY	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○
DATE						
DAY	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○
DATE						

MY ENERGY LEVEL Journal



HOW MY ENERGY LEVEL CHANGES:

SPACE FOR OBSERVATIONS:

(WHAT GAVE ME ENERGY / WHAT DRAINED MY ENERGY, SPECIAL EVENTS)

	<p>MORNING</p> <p>○ ○ ○ ○ ○</p>	<p>MIDDAY</p> <p>○ ○ ○ ○ ○</p>	<p>EVENING</p> <p>○ ○ ○ ○ ○</p>	
DAY DATE				
	<p>MORNING</p> <p>○ ○ ○ ○ ○</p>	<p>MIDDAY</p> <p>○ ○ ○ ○ ○</p>	<p>EVENING</p> <p>○ ○ ○ ○ ○</p>	
DAY DATE				
	<p>MORNING</p> <p>○ ○ ○ ○ ○</p>	<p>MIDDAY</p> <p>○ ○ ○ ○ ○</p>	<p>EVENING</p> <p>○ ○ ○ ○ ○</p>	
DAY DATE				
	<p>MORNING</p> <p>○ ○ ○ ○ ○</p>	<p>MIDDAY</p> <p>○ ○ ○ ○ ○</p>	<p>EVENING</p> <p>○ ○ ○ ○ ○</p>	
DAY DATE				
	<p>MORNING</p> <p>○ ○ ○ ○ ○</p>	<p>MIDDAY</p> <p>○ ○ ○ ○ ○</p>	<p>EVENING</p> <p>○ ○ ○ ○ ○</p>	
DAY DATE				

Observation space for the first day.

Observation space for the second day.

Observation space for the third day.

Observation space for the fourth day.

Observation space for the fifth day.

MY ENERGY LEVEL

Journal



HOW MY ENERGY LEVEL CHANGES (WEEKLY OVERVIEW):

SPACE FOR OBSERVATIONS:

(WHAT GAVE ME ENERGY / WHAT DRAINED MY ENERGY, SPECIAL EVENTS)



Seven large, light-orange rounded rectangular boxes stacked vertically, intended for handwritten observations related to the energy level data.

MY ENERGY LEVEL *Check-in*

QUESTIONS FOR REFLECTION & INSIGHTS | PATTERNS & RESOURCES



MUSTER ERKENNEN:

1. Welche Energielevel kamen *am häufigsten* vor?
2. Gab es bestimmte *Tage oder Situationen*, die besonders *herausfordernd* oder besonders *wohltuend* waren?
3. Haben sich bestimmte *Reize, Menschen* oder *Aktivitäten* regelmäßig auf dein Energielevel ausgewirkt?

RESSOURCEN:

1. Welche Strategien zur *Beruhigung* oder *Aktivierung* haben dir geholfen (oder hätten dir geholfen)?
2. *Wovon* (z.B. Ereignisse, Aktivitäten, Menschen, Reize, Routinen) möchtest du *mehr* und *wovon weniger*?

MY ENERGY LEVEL *Check-in*

QUESTIONS FOR REFLECTION & INSIGHTS | PATTERNS & RESOURCES



A large, empty, rounded rectangular box with a light beige background, intended for reflection and insights.

A second large, empty, rounded rectangular box with a light beige background, intended for reflection and insights.

MY ENERGY LEVEL *Check-in*

QUESTIONS FOR REFLECTION & INSIGHTS | SELF-CARE & INTENTION



SELBSTFÜRSORGE:

1. In welchen Momenten hast du dich *ausgeglichen / reguliert* gefühlt?
2. Wie bist du mit dir selbst umgegangen, wenn du dich *überreizt, erschöpft* oder *abgekoppelt* gefühlt hast?

INTENTION:

1. Was möchtest du in der nächsten Woche *stärken oder ausprobieren*, um besser auf deine Energie und dein Nervensystem zu achten?
2. Gibt es eine kleine *Veränderung* oder *neue Routine*, die dir guttun könnte?

MY ENERGY LEVEL *Check-in*

QUESTIONS FOR REFLECTION & INSIGHTS | SELF-CARE & INTENTION



A large, empty, rounded rectangular box with a light beige background, intended for reflection or notes.

A second large, empty, rounded rectangular box with a light beige background, identical to the first one, intended for reflection or notes.

Let's stay in touch 😊



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