WORKSHEET 3.1

The Two-Week Log

Two minutes, once a day. If you miss a day, skip it and keep going.

DAY	ENERGY 1 TO 5	BIGGEST DRAIN	FOLLOWED ME? WHEN?	BEST RESTORE
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

WORKSHEET 3.1

The Two-Week Log (continued)

Which drains showed up most often?

Which ones followed you, and where did the replay usually start?

On your higher-energy days, what restores were present?