Find Your PRIME Time

1. Choose a typical day to graph your energy.

2. In the graph below, place an **X** in the box that best represents your level of energy during that hour.

3. Next, draw a line to connect the **X**s

4. Examine your energy peaks and valleys as represented by the graph. The peaks will be those times during the day when you are likely to be at your best or your PRIME time.

Energy Level	Morning								Afternoon					Evening					Night					
	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4
Very High																								
High																								
Medium																								
Low																								
Very Low																								
Asleep																								

My PRIME energy times are: _____