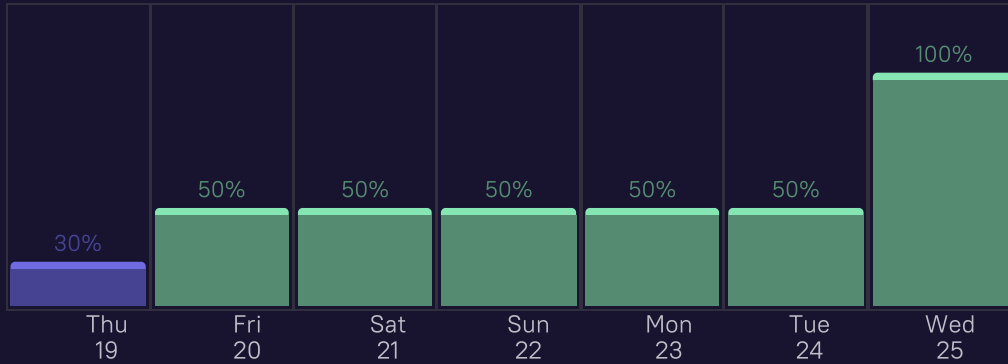


19 Jan - 25 Jan

Average
Energy

54 %



Having a weekly average at this level means you're doing well at understanding what gives you energy and applying this knowledge to your real-life daily schedule. That's a good place to be. In the next seven days, while you continue practising identifying your energy level and triggers that affect it, don't hesitate to start purposefully adding an action a day to affect your energy level positively. And remember, whenever you say "yes" to something, you say "no" to something else. Choose wisely.

Best



physical activities (walk, yoga, HIT, playing with kids etc) +5

Worst



lack of physical activities -3



healthy food

+1



junk food & alcohol

-1



partner

-2



none of it

+1



PMS & period

-1