

The Energy Road Map

A Typical Energy Day with Activities

Example from Jacob Kohut

Time	Energy Level	Best Activity (when I can choose)
6AM	Alert/Low	Editing
7AM	Alert/Medium	Editing
8AM	Calm/Medium	Lesson Plan
9AM	High	Teach or Compose
10AM	High	Teach or Compose
11AM	Medium	Teach or Compose
12PM	Medium	Walk
1PM	Dull/Low	Teach (while standing) or Exercise
2PM	Dull/Low	Teach (while standing) or Exercise
3PM	Spacey/Medium	Teach (while standing) or Read
4PM	Spacey/Medium	Compose
5PM	Alert/Medium	Socialize
6PM	Alert/Medium	Socialize
7PM	Calm/Medium	Read
8PM	Sleepy	Get Ready for Bed