**10 Units of Energy**

At 10 units of energy, you feel on top of the world!

**10**

You are totally rested and ready for the day!

**9**

However, a poor night’s sleep can take away 1-2 units of energy.

A headache/pain can take away 1-2 units of energy.

Getting ready by yourself in the morning can take 1-2 units of energy.

**8**

Helping others get ready in the morning can take 1-2 units of energy.

Sometimes at 9.00 in the morning you might find yourself functioning   
at 6 or 7 units of energy.

**7**

You must take care of yourself or the whole day will be affected!

**6**

**6**

At 6 units of energy; you must take a shut down or rest **break!!!**

This should be 10-30 minutes.

When your energy gets less than half, you might find that everything   
around you is harder to deal with:

**5**

Noises are too loud;

There is too much going on around you;

You are moving slower.

**4**

At 4 units of energy, stop everything and take a

**NAP!!!!**

**If you get down to 2 units of energy, you become**

**WIRED TIRED**

*At this point you really can’t function well at all.*

*You trip over your own feet easily.*

*You have trouble talking.*

*Your memory is shot.*

*It will take 2-3 times as long to recover at this point than it took you to get here*