

Realistic Energy Habits

for Busy Moms

Small habits. Realistic goals. More energy for the life you're living.

DAILY HABITS	MON	TUE	WED	THU	FRI	SAT	SUN
 Protein-Rich Breakfast Start your day with protein to fuel your body and brain.	☐	☐	☐	☐	☐	☐	☐
 Morning Sunlight Get outside within the first hour to boost mood, focus, and energy.	☐	☐	☐	☐	☐	☐	☐
 Water Before Coffee Hydrate first to support energy, focus, and digestion.	☐	☐	☐	☐	☐	☐	☐
 10-Minute Walk Move your body to boost circulation, mood, and natural energy.	☐	☐	☐	☐	☐	☐	☐
 Balanced Lunch Eat a meal with protein, fiber, and healthy fats to avoid the afternoon crash.	☐	☐	☐	☐	☐	☐	☐
 Short Recovery Break Take 5–10 minutes to reset: breathe, stretch, step outside, or rest.	☐	☐	☐	☐	☐	☐	☐
 Consistent Bedtime Routine Wind down and protect your sleep. Your future self will thank you.	☐	☐	☐	☐	☐	☐	☐

WEEKLY ENERGY CHECK-IN

Each day, rate your overall energy on a scale of 1–10.

1 = Exhausted

10 = Energized

Mon	Tue	Wed	Thu	Fri	Sat	Sun
____ / 10	____ / 10	____ / 10	____ / 10	____ / 10	____ / 10	____ / 10

WEEKLY REFLECTION

- ♥ What habits helped your energy the most this week? _____
- ♥ What challenged your energy? _____
- ♥ What's one small habit you'll focus on next week? _____
- ♥ Anything you're proud of? _____

You don't need perfect.
You just need progress.



You're showing up every day. These small habits are an act of self-care—for you and the people who count on you.

