

Energy Maintenance

College is not just about managing time. It is about managing energy. Your brain runs on fuel and when your energy drops, focus drops. Motivation drops. Memory drops. Decision making drops. Stress rises. This is not a character flaw, it is neuroscience. **Your brain needs sleep** for memory and emotional regulation, **food** for focus and stamina, **movement** for dopamine and stress relief, **breaks** for attention and learning, and **connection** for motivation and resilience. When one area is ignored, everything feels harder. This worksheet helps you build a simple system to protect your energy so your brain can do its job.

The Brain Science in Simple Terms

- Your brain uses glucose and oxygen to think.
- Your nervous system controls stress and recovery.
- Your dopamine system controls motivation and follow through.
- Your prefrontal cortex controls focus, planning, and impulse control.
- When you are exhausted, hungry, dehydrated, or overstimulated:
 - Your stress hormones go up
 - Your attention span goes down
 - Your memory gets worse
 - Your motivation disappears
- **Energy maintenance is not self care fluff, It is performance science.**



Your Energy Leaks

Energy leaks are habits or patterns that quietly drain your brain. Check any that apply:

- Scrolling late at night ☐
- Skipping meals ☐
- Too much caffeine ☐
- Not enough water ☐
- Saying yes when I should say no ☐
- Studying without breaks ☐
- Doom scrolling between tasks ☐
- Avoiding hard assignments until the last minute ☐



Your Energy Builders

These are habits that refill your brain with energy. Check the ones you already do:

- 7 to 9 hours of sleep ☐
- Eating protein in the morning ☐
- Drinking water when I wake up ☐
- Moving my body ☐
- Getting sunlight early in the day ☐
- Taking real study breaks ☐
- Getting support when I'm stressed ☐
- Engaging with a passion/hobby ☐



Your Personal Energy Audit

Circle or rate each area honestly.

Sleep

- Average hours per night: _____
- Quality of sleep: Poor/Okay/Good/Great

Nutrition

- Meals per day: _____
- Do you eat protein most days? Yes/Sometimes/No
- Do you skip meals often? Yes/Sometimes/No

Hydration

- Water per day (# of 8oz glasses) : _____

During most afternoons:

- Do you feel tired or foggy? Yes/ Sometimes/No

Movement

- Days per week you move your body: _____
- What counts for you? _____
(Ex: Walking, gym, stretching, sports, dancing)

Stress

- Current stress level from 1 to 10: _____
- Biggest stress source right now: _____

Focus

During the day:

- When do you feel most alert? _____
- When do you crash? _____



Energy Audit Reflection

1. Looking at your energy audit, what is one area that surprised you and why?

2. Which of your energy leaks is costing you the most focus or motivation right now?

3. Which energy builder feels easiest to start using more consistently this week?

4. If your energy improved by just ten percent, what would feel easier in your classes this week?
