# 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?

_____

_____

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