Energy level tracker

Morning, afternoon and evening energy, 1 to 5, for a month.

MONTH

DAY	AM	PM	EVE	TRAINED
1				☐
2				☐
3				☐
4				☐
5				☐
6				☐
7				☐
8				☐
9				☐
10				☐
11				☐
12				☐
13				☐
14				☐
15				☐
16				☐

DAY	AM	PM	EVE	TRAINED
17				☐
18				☐
19				☐
20				☐
21				☐
22				☐
23				☐
24				☐
25				☐
26				☐
27				☐
28				☐
29				☐
30				☐
31				☐

WHAT THE LOW DAYS HAD IN COMMON