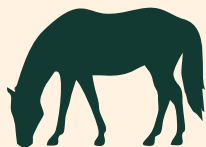


Horse Power Energy Tracker

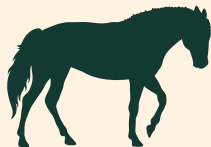


Some days we gallop, some days we graze



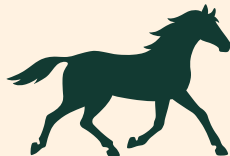
Grazing Day

- My energy is very low today.
- Rest is my priority.
- Essential tasks only.



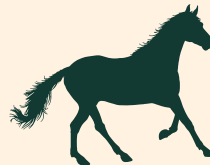
Walking

- I have limited energy.
- I can do a few simple activities.
- Frequent breaks are needed.



Steady Trot

- My energy feels manageable.
- I can complete routine tasks.
- I need to pace myself.



Canter

- I have good energy today.
- I can try more challenges.
- Remember not to overdo it.



Full Gallop

- My energy is high today.
- I feel motivated and capable.
- Balance activity with recovery.



First Steps

What do I have to do today?

My Focus Today

What is today's biggest priority?

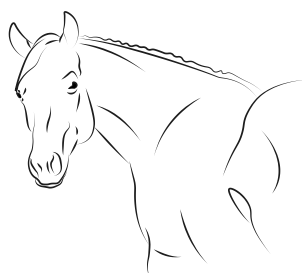
Water and Rest Stops

- Morning Lunch
 Afternoon Evening

Stable Support

Who or what can help me today?

every pace is progress



Reflection

What went well today?

Did I pace myself? Yes No Not Quite

Tomorrow I will remember:
