

first two hours
FOCUS EFFORT ENERGY

**high
Intensity**

PROACTIVE

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

high impact

PREACTIVE

- _____
- _____
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- _____
- _____

forth two hours
REVIEW REFLECT PREPARE

**low
intensity**

**high
Intensity**

second two hours
FLEXIBILITY ACCESSIBILITY SUPPORT

- _____
- _____
- _____
- _____
- _____
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- _____
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- _____

low impact

- _____
- _____
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- _____
- _____
- _____
- _____
- _____

**low
intensity**

third two hours
RITUAL ROUTINE RESPITE

REACTIVE

ACTIVE