








How Much Energy Does It Cost?

~ Environmental Factors ~

Use this worksheet to help you understand the impact of environmental factors on your energy levels.

Use specific numbers wherever possible.
Place an 'X' through any activity you cannot currently do.

	How Much of an Impact Will This Have?	How Long Will It Take To Recover?	Avoid, Be Cautious or Enjoy?
 Bright or Flourescent Lights	Very Little ----- Huge Amount	Very Slow ----- Very Fast	<input type="text"/>
 Perfume or Other Scents	Very Little ----- Huge Amount	Very Slow ----- Very Fast	<input type="text"/>
 Temperature	Very Little ----- Huge Amount	Very Slow ----- Very Fast	<input type="text"/>
 Barometric Pressure	Very Little ----- Huge Amount	Very Slow ----- Very Fast	<input type="text"/>
 Humidity	Very Little ----- Huge Amount	Very Slow ----- Very Fast	<input type="text"/>
 Time of Day	Very Little ----- Huge Amount	Very Slow ----- Very Fast	<input type="text"/>
 Time of the Month	Very Little ----- Huge Amount	Very Slow ----- Very Fast	<input type="text"/>