A top-down photograph of a person's hands using a silver laptop on a grey, shaggy rug. A white smartphone is lying to the right of the laptop. The person is wearing a black long-sleeved top with a lace-up detail at the shoulder. A semi-transparent light green box is overlaid on the left side of the image, containing the text 'Day 7' and 'Energy'.

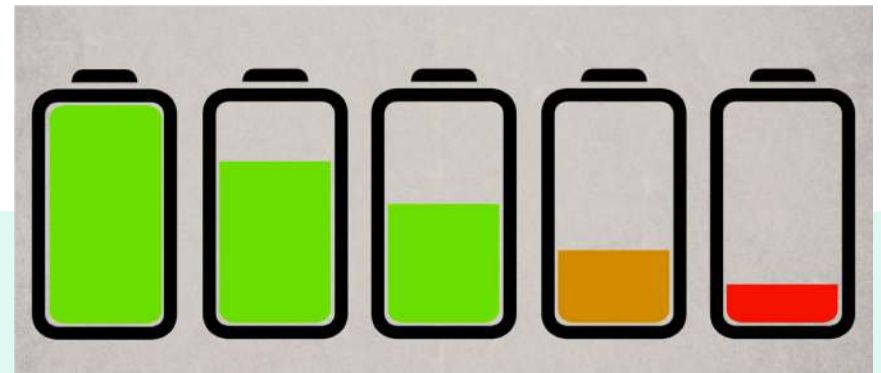
Day 7  
Energy

Rest, Relax and Recharge

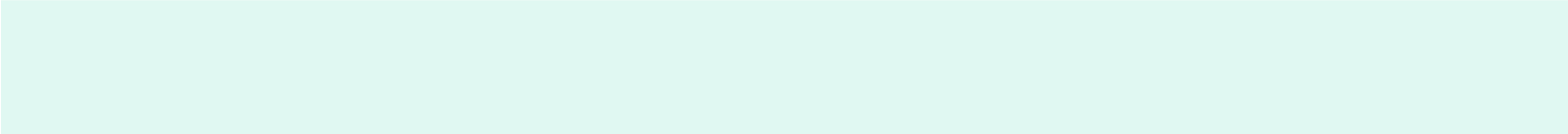
**GELUKKIGE**  
STUDENT

# Exercise

- Make sure you have the right energy
- Compare your energy with the battery off your phone
- Know when you are running empty and when you recharge



# Exercise

- Write down 5 things/actions/people that take energy
  - Write down 5 things/actions/people that give energy
  - Make sure they are balanced during the day.
- 

# Energy

- Take good care of yourself, try to eat healthy, drink and exercise enough
- 5% shortage of moisture is 25% loss of concentration

- Take good care
- 5% shortage of



exercise enough

# Energy

- Take good care of yourself, try to eat healthy, drink and exercise enough
- 5% shortage of moisture is 25% loss of concentration
- Feed yourself instead of filling yourself
- Exercise

- Take good care of you
- 5% shortage of moisture
- Feed yourself instead of
- Exercise

**You are only one  
workout away from  
a good mood**

workout and exercise enough  
on

[www.LaurenGleisberg.com](http://www.LaurenGleisberg.com)

**GELUKKIGE  
STUDENT**

# Exercise

Answer these questions

- What is a good moment for you to exercise?
  - What do you like to do?

Sharing = Caring