

Time-Energy Questionnaire

Name: _____ Date: _____

The Following Questionnaire will help you assess your own energy rhythms. Mark the statements as True or False by placing a check in the appropriate column. If you are not sure of an answer, choose the answer that usually applies.

	<u>TRUE</u>	<u>FALSE</u>
1. I usually hate to get up in the morning	_____	_____ +
2. I usually hate to go to sleep at night	_____ *	_____
3. I wish I could sleep all morning	_____ 0	_____ +>
4. I stay awake for a long time after I get into bed	_____ *	_____
5. I feel wide awake only after 10:00 in the morning.	_____ *0>	_____ +
6. If I stay up very late at night, I get too sleepy to remember anything.	_____	_____ *
7. I usually feel sleepy or tired after lunch	_____	_____ 0
8. When I have to do a task requiring concentration, I like to get up early in the morning before school to do it.	_____ +	_____ >0*
9. When I can, I do most tasks requiring concentration in the afternoon, after school.	_____ 0	_____ >
10. I usually start the tasks that require the most concentration after dinner.	_____ *	_____ +>
11. I could stay up all night.	_____ *	_____ +>0
12. I wish I didn't have to go to school before noon.	_____ 0>	_____ +
13. I wish I could stay home during the day and go to school at night.	_____ *	_____ +>0
14. I like going to school in the morning.	_____ +	_____ >0*

15. I can remember things best when I concentrate on them in the morning. _____ + _____

16. I remember things best at lunch time. _____ > _____

17. I remember things best in the afternoon. _____ o _____

18. I remember things best before dinner. _____ o _____

19. I remember things best after dinner _____ * _____

20. I remember things best late at night. _____ * _____

Count up your answers and put the total number for each symbol here.

+ _____ > _____ o _____ * _____