

HIGH/LOW ENERGY GRAPH

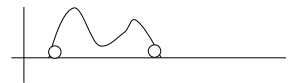
Name _____

Think about your energy level over the course of the day.
During high energy times you react quickly, think clearly and feel creative.
During low energy times you feel tired, think slowly and your brain is sluggish.

A line graph presents information in picture form. A line graph uses dots connected by lines or curves to show facts. The changes in the position of the curve make it easy to see trends or patterns.

A graph will show the changes in your energy level.
This information can help you plan your time wisely.

1. The numbers along the bottom of the graph show the times of day from 5AM to 4AM.
Circle the time when you typically get up - and the time when you go to bed.
The two circles will mark the beginning and end of your graph.
2. The labels along the left side mark high energy and low energy areas.
Plot points in the upper area to show your high energy times.
Plot points in the lower area to show your low energy times.
3. Connect the plotted points to form a continuous (unbroken) curve.



example

