

ENERGY AUDIT ⚡



WHERE'S YOUR POWER LEAKING?

THIS 5-MINUTE AUDIT WILL EXPOSE THE HABITS, GAPS, AND BLIND SPOTS DRAINING YOUR STRENGTH, AND SHOW YOU EXACTLY WHERE TO FOCUS TO EVOLVE.

Step 1: Grab a book or Somewhere you can add up your score. Break It Into 5 Categories (Score 1–5 Each, 1 being not at all 5 being consistently)

Each category should reflect a key area that affects performance, results, and energy. Keep them **simple but powerful**:

1. Sleep & Recovery

- “I consistently get 7–9 hours of quality sleep.”
- “I wake up feeling rested most mornings.”
- “I have full energy from morning to night”

2. Fuel & Hydration

- “I eat protein with every meal.”
- “I drink 80+ oz of water daily.”

- “I rarely skip meals.”

3. **Movement & Strength**

- “I move intentionally every day (walks, workouts, etc.).”
- “I train with purpose 3+ times per week.”
- “I stretch before and after my daily physical activity”

4. **Stress & Mindset**

- “I manage stress in healthy ways.”
- “I practice breathwork, meditation, or visualization weekly.”
- “I rarely feel mentally burnt out.”





5. **Purpose & Direction**

- “I know what I’m working toward.”
- “My daily actions feel aligned with my goals.”
- “I feel excited about my progress.”

Total _____

SEND YOUR TOTAL OVER AND I’LL HELP YOU BUILD A PLAN TO PLUG THOSE ENERGY LEAKS; SO YOU CAN SHOW UP STRONGER AND CONQUER YOUR DAY.

Step 2: Result Breakdown

- **21–25+:**  *Optimized* — You’re running strong. Fine-tune and push harder.
- **15–20:**  *Functional* — You’re doing well but leaving energy on the table.
- **10–14:**  *Drained* — Your body’s warning signs are showing. Fix these now.
- **<10:**  *Burnout Zone* — Energy is leaking from every direction. It’s time for a full reset.

REFLECTION

- Where am I leaking the most energy right now?
- Which 1 area would make the biggest difference if I improved it TODAY.
- What’s one small action I can take this week to improve that area?

Ready to stop leaking energy?

DM me “RESET” or Contact me to start building the strength, structure, and systems that make high performance in life feel effortless.

SHADOW WOLF PERFORMANCE

THROUGH STRUGGLE COMES EVOLUTION