Energy Cycle Inventory: Find Your Best Time to Study

This inventory will help you determine what time of day you function best and get the greatest return on your time invested in study.

To find your most effective time to study:

1. Answer True or False to each of the statements below.
2. Circle or highlight the icons that are on the same row as your answer (for example, for question 5, if you answered True, you would circle the square, the circle, and the pentagon; if you answered False, you would circle the diamond).
3. Total each column at the bottom of the chart by assigning a 1 to all circled icons.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Statement** | **True** | **◊** | **□** | **○** | **⌂** | **False** | **◊** | **□** | **○** | **⌂** |
| 1. It is usually very hard to get out of bed. |  |  |  |  |  |  | **◊** |  |  |  |
| 1. It is easy for me to stay in bed until noon. |  |  | **□** |  |  |  | **◊** |  | **○** |  |
| 1. I don’t like to go to bed at night. |  |  |  |  | **⌂** |  |  |  | **○** |  |
| 1. I get tired and sleepy in the afternoon. |  |  |  |  |  |  |  | **□** |  |  |
| 1. It takes me until midmorning before I feel fully awake. |  |  | **□** | **○** | **⌂** |  | **◊** |  |  |  |
| 1. I enjoy morning classes. |  | **◊** |  |  |  |  |  | **□** | **○** | **⌂** |
| 1. I study best in the morning. |  | **◊** |  |  |  |  |  |  |  |  |
| 1. I like to do most of my homework in the afternoon. |  |  | **□** |  |  |  |  |  | **○** |  |
| 1. I would like to have all my classes in the afternoon. |  |  | **□** | **○** |  |  | **◊** |  |  |  |
| 1. I study best before noon. |  |  |  | **○** |  |  |  |  |  |  |
| 1. I study best after lunch. |  |  | **□** |  |  |  |  |  |  |  |
| 1. I study best after dinner. |  |  |  |  | **⌂** |  |  |  |  |  |
| 1. I study best late at night. |  |  |  |  | **⌂** |  | **◊** |  |  |  |
| 1. I study best before dinner. |  |  | **□** |  |  |  |  |  |  |  |
| 1. I would enjoy going to school only at night. |  |  |  |  | **⌂** |  | **◊** | **□** | **○** |  |
| 1. I like to do most of my homework in the evening. |  |  |  |  | **⌂** |  | **◊** |  | **○** |  |
| 1. I enjoy staying up all night. |  |  |  |  | **⌂** |  | **◊** | **□** | **○** |  |
| 1. I like to get up early in the morning to study. |  | **◊** |  |  |  |  |  | **□** | **○** | **⌂** |
| 1. I get sleepy late at night and don’t remember what I study. |  |  |  |  |  |  |  |  |  | **⌂** |
| 1. After I go to bed it takes me a long time to get to sleep. |  |  |  |  | **⌂** |  |  |  |  |  |
| **Total circled/highlighted icons in each column:** |  |  |  |  |  |  |  |  |  |  |

## Scoring

Combine totals for both true and false categories for each icon and write the total below:

**◊ \_\_\_\_\_\_\_\_\_**

**□ \_\_\_\_\_\_\_\_\_**

**○ \_\_\_\_\_\_\_\_\_**

**⌂ \_\_\_\_\_\_\_\_\_**

Your highest score indicates when you have the most energy:

**◊** Your best and most effective time is most likely in the morning.

**□** Your best and most effective times are most likely late morning and early afternoon.

**○** Your best and most effective times are most likely afternoon and early evening.

**⌂** Your best and most effective times are most likely late evening and night.