



Energy Crash Patterns Guide

Energy changes often follow patterns throughout the day. Learning to recognize when your energy drops can help you better plan your day and support your body.

Common Energy Patterns

Morning Fatigue

Energy feels low in the morning, even after sleep.
Starting movement or focusing may feel more difficult.

Post-Meal Crash

Energy drops after eating, especially after meals low in protein or high in simple carbohydrates.



Afternoon Slump

Energy decreases in the mid to late afternoon (often 2-5 PM), making tasks feel heavier or slower.

Post-Activity Fatigue

Energy drops after physical or mental activity, even if the activity felt manageable at the time.

How to Recognize Your Pattern

- What time of day feels the hardest?
- Do energy drops happen after meals or activity?
- Do certain routines lead to fatigue later?
- Are your energy levels consistent or unpredictable?



What to Do Next

Start using your daily check-ins to notice when your energy changes. As patterns become clearer, small adjustments can help support more consistent energy throughout your day.

Understanding your patterns is the first step toward managing your energy more effectively.

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