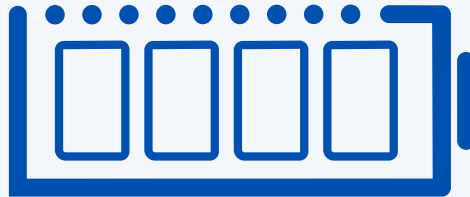


Checking your own battery.

# What are your energy reserves like right now?

Enter in the diagram how fully charged you think your battery is.



Could your battery be more fully charged? Then think about how you can recharge it and make note of specific things you can do and when.

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**Tip:** Take a look at the module called 'a more relaxed study experience'. You'll find several relevant suggestions here.