

## Energiemanagement

| Schlaf                | Ernährung | Körperliche Erholung | Mentale Erholung |
|-----------------------|-----------|----------------------|------------------|
|                       |           |                      |                  |
|                       |           |                      |                  |
|                       |           |                      |                  |
|                       |           |                      |                  |
|                       |           |                      |                  |
|                       |           |                      |                  |
|                       |           |                      |                  |
| Körperliche Belastung |           | Mentale Belastung    |                  |
|                       |           |                      |                  |
|                       |           |                      |                  |