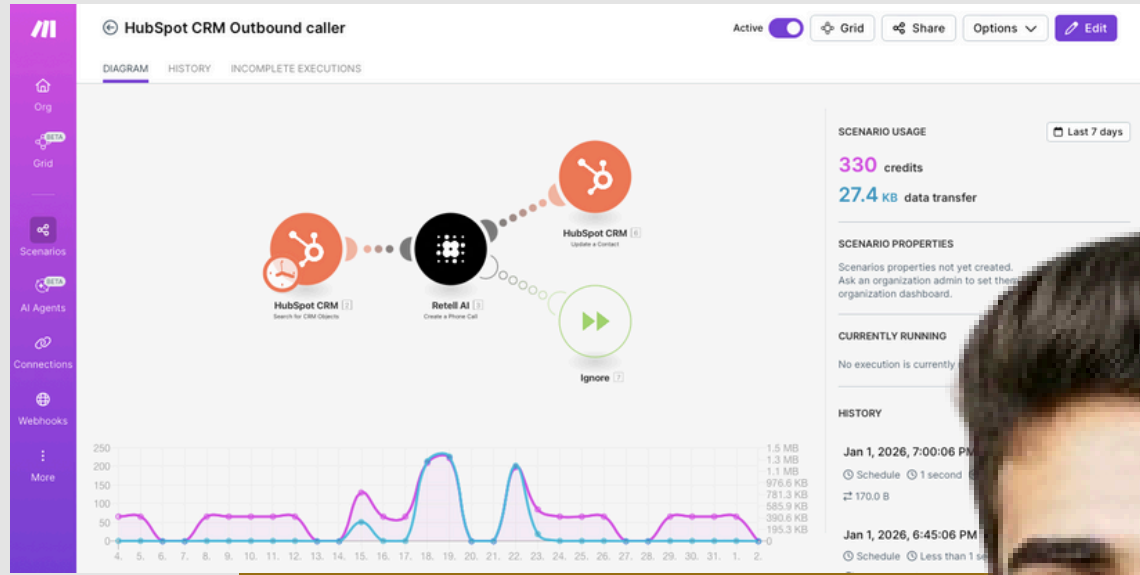




JOB AID

ENERGY-BASED TASK MAPPING

Aligns work with energy instead of clock time.



High-Energy Tasks

- Examples:
- Best time of day:

Medium-Energy Tasks

- Examples:
- Best time of day:

One Change to Test This Week

- Adjustment:



Key Reminder

Certified VAs follow systems. Clear systems create reliable results.

