

THANK YOU FOR JOINING THIS EVENT WITH GREENEYEDGUIDE!

Helpful Information and Handy Links to Connect with
Danielle Robertson Rath "GreenEyedGuide"

BIO

Danielle Robertson Rath is a high-energy speaker who serves the stressed and sleep-deprived. After earning degrees in food science and biochemistry, she worked in the food/beverage industry for over a decade. She is the author of two books and the creator of the "5 Levels of Fatigue" system. Danielle has done workshops for first responders, nurses, safety professionals, and multiple universities around the country. Event hosts love her realistic approach to caffeine and beating burnout. Danielle truly offers a fresh perspective, helping people see caffeine through her green eyes. That's what makes her the GreenEyedGuide.

CONTACT INFO AND SOCIAL MEDIA CHANNELS

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YouTube: [YouTube.com/c/greeneyedguide](https://www.youtube.com/c/greeneyedguide)

Podcast: Caffeine at Midnight - available on most podcast platforms

FREE GIFT FOR EVENT PARTICIPANTS

Did you know Starbucks TripleShot has as much caffeine as 3 Red Bulls? Coffee drinks aren't always good for you, and some energy drinks look nothing like the stereotype. See where the top-selling coffees, teas, and energy drinks fall on a scale from RED-"AVOID" to GREEN-"Safe to Drink Every Day". Download your free copy of the "Energy Drink Report Card" at

<https://greeneyedguide.com/freebies>

You'll also find an Energy Audit Workbook below. Use this to help you monitor your Levels of Fatigue over a week to find those fatigue triggers and patterns.

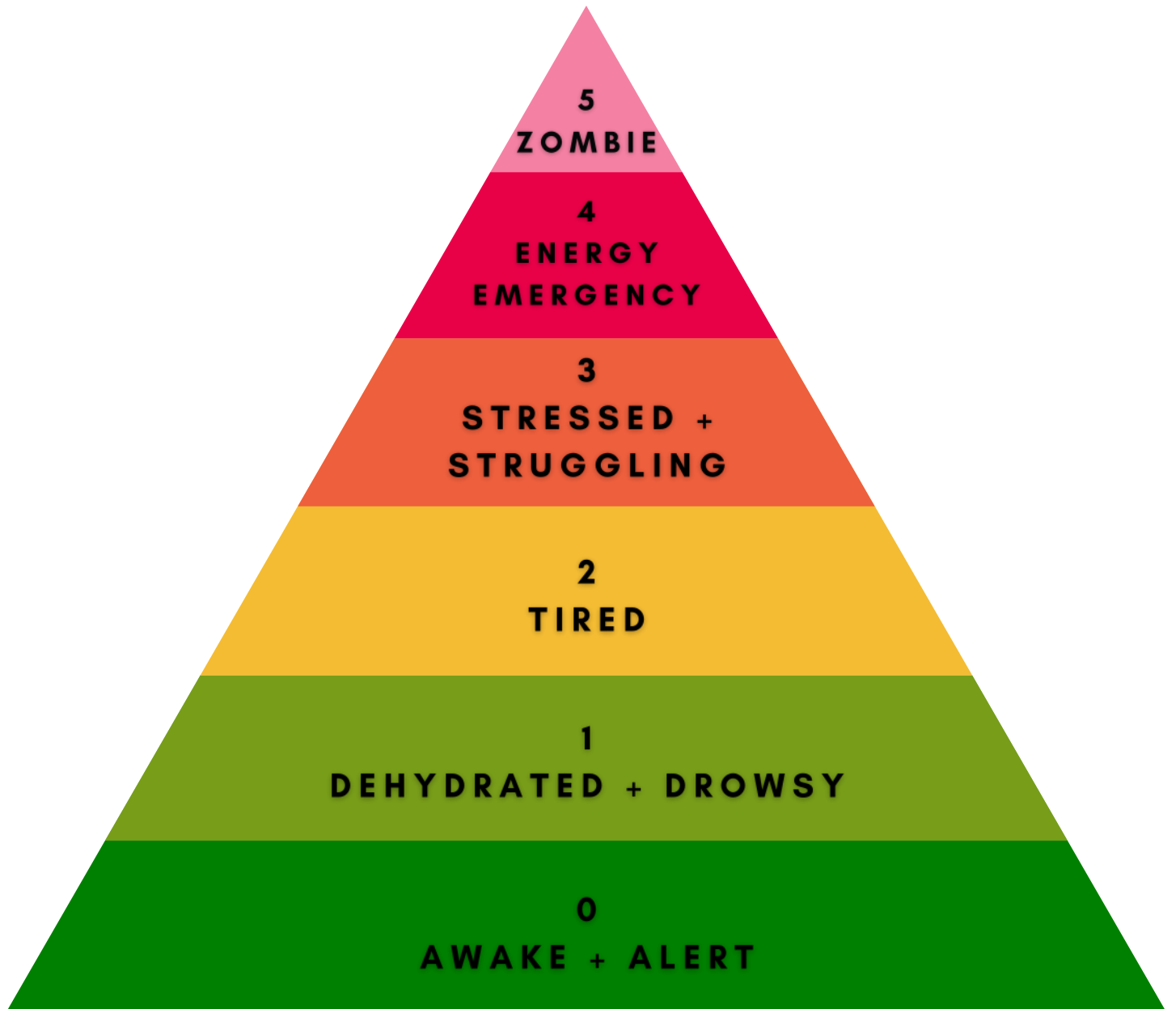
SPEAKING TOPICS AND WORKSHOPS

- Top 10 Worst Coffee and Energy Drink Misconceptions
- Caffeine Tricks Every Shift Worker Should Know
- "Can I Drink This Every Day?" A Look at the Best and Worst Caffeinated Products
- Beating Stress and Sleep-Deprivation with the 5 Levels of Fatigue
- How to Use the 5 Levels of Fatigue to Keep Your Team Healthy and Safe

**GREENEYEDGUIDE IS YOUR GUIDE
TO THE SCIENCE BEHIND CAFFEINE,
ENERGY DRINKS, AND BEATING
BURNOUT.**



The GreenEyedGuide Energy Audit



THE 5 LEVELS OF FATIGUE

Created By Danielle Robertson Rath
GreenEyedGuide

At the end of each day, record how tired you felt on a scale of 0-5 where 0 = "Alert and Energized" and 5 = "As Exhausted/Overwhelmed as I've Ever Been." Then note any caffeine you had and any fatigue triggers.

Day	Level of Fatigue 0-5	What caffeine did you have?	Triggers

Use this page to note any trends you've observed from your audit. For example, are there any particular events or triggers which always cause you to reach a specific Level of Fatigue? Is there anything you could change to minimize those events or triggers?

5
ZOMBIE

4
ENERGY
EMERGENCY

3
STRESSED +
STRUGGLING

2
TIRED

1
DEHYDRATED +
DROWSY

0
AWAKE + ALERT

THE 5 LEVELS OF FATIGUE

