



For the grown-ups reading along

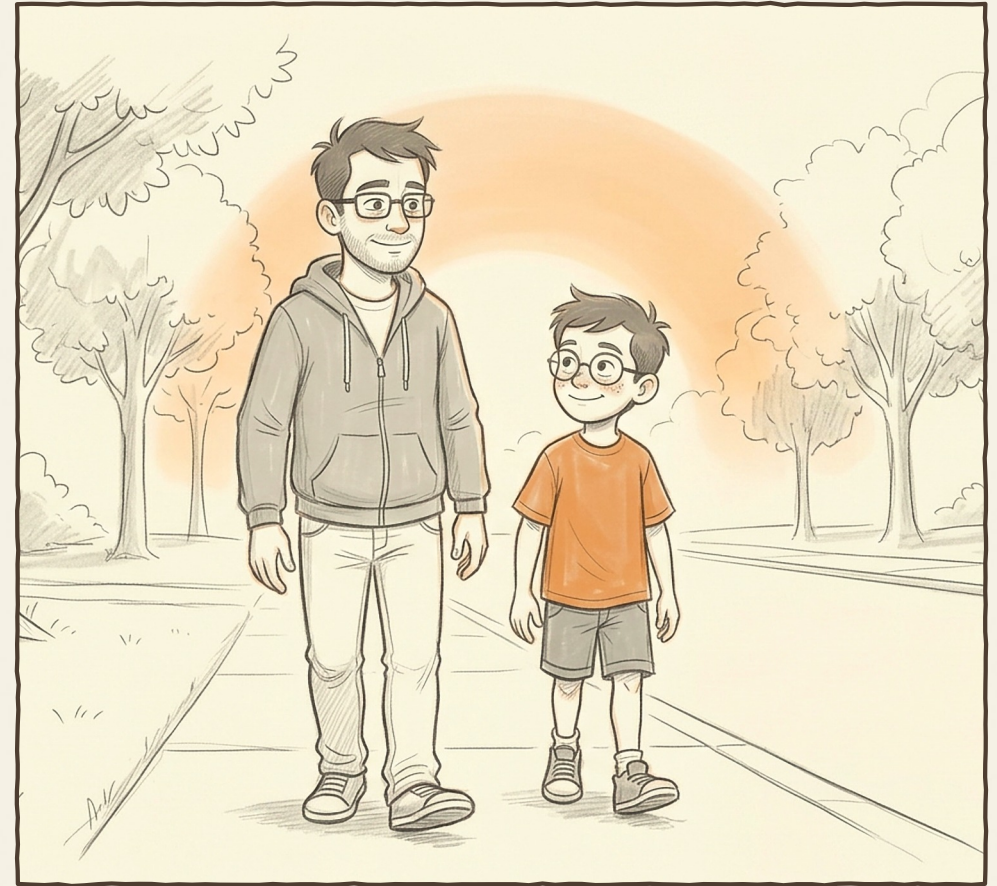
This story is about one idea: when we're tired, we don't really choose. We do whatever is easiest. So sleep, movement and food come first, and the big plans come after.

Questions to talk about together

1. When did you feel tired today? What did you do then?
2. What is one thing you chose yourself today?
3. What grabs you without asking: a screen, sweets, something else?

EQUILIBRIUM

Little Mark



Season 1 • Episode 1

Fix Your Energy Before Your Goals

A story about being tired, making choices, and one small test.

Meet the characters



MARK (40)

He has big plans for tomorrow. Today he is mostly tired.



LITTLE MARK (9)

Mark when he was nine. He asks the questions grown-ups forget to ask.



MR. FEED

He lives in the phone. Always friendly. Always says "just one more".

How to read this comic

-  Grey pages: PART 1, the version society sells you.
-  Warm pages: PART 2, the version that works.
-  At the end: a log you can fill in for one week.

My one-week energy log

Every evening, fill in one column. It takes two minutes.



Name: _____ Start date: _____

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
SLEEP hours I slept last night							
MOVEMENT minutes I moved today							
OWNED MOVES things I chose on purpose							
UNPLANNED HITS phone, sweets, screens that grabbed me							

After 7 days

Look at your 3 best-slept days and your 3 worst. On which days did you choose more things yourself? What do you notice?

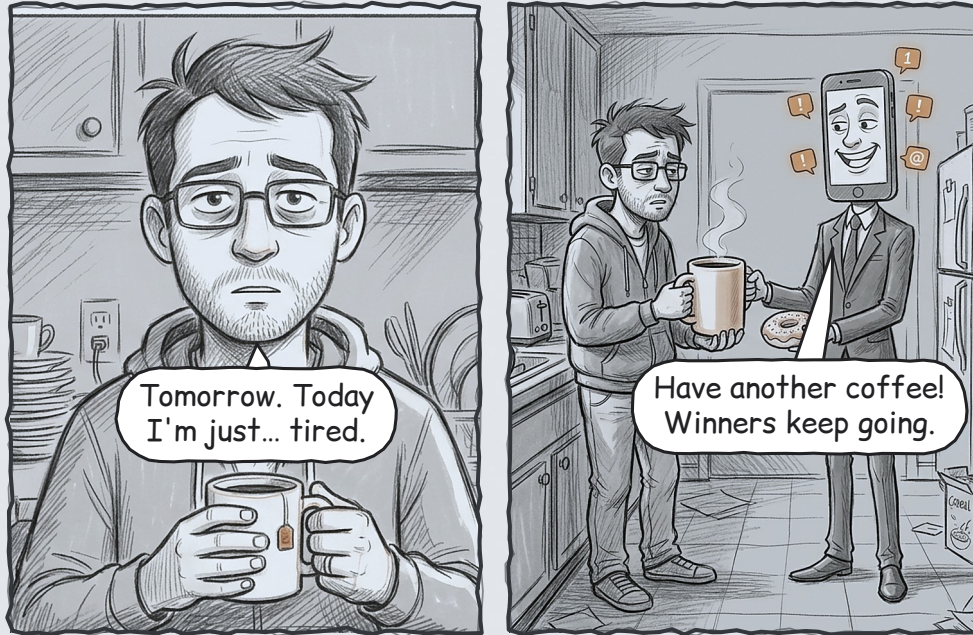


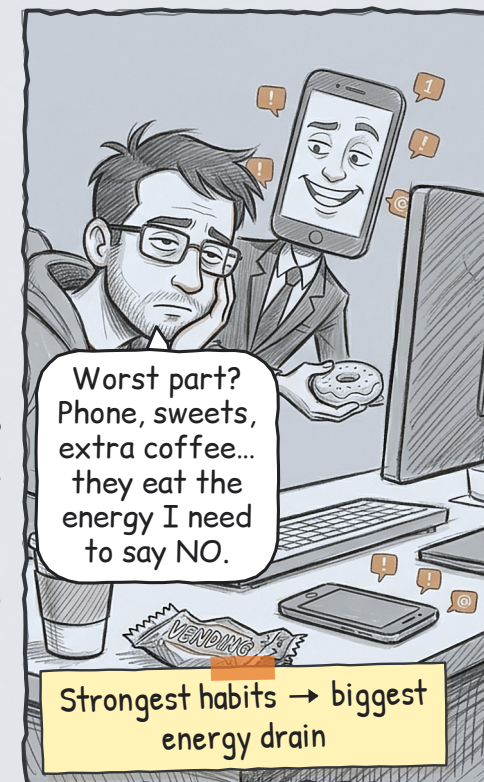
Mark: How long you slept. How much you moved. What you chose. And what grabbed you without asking.

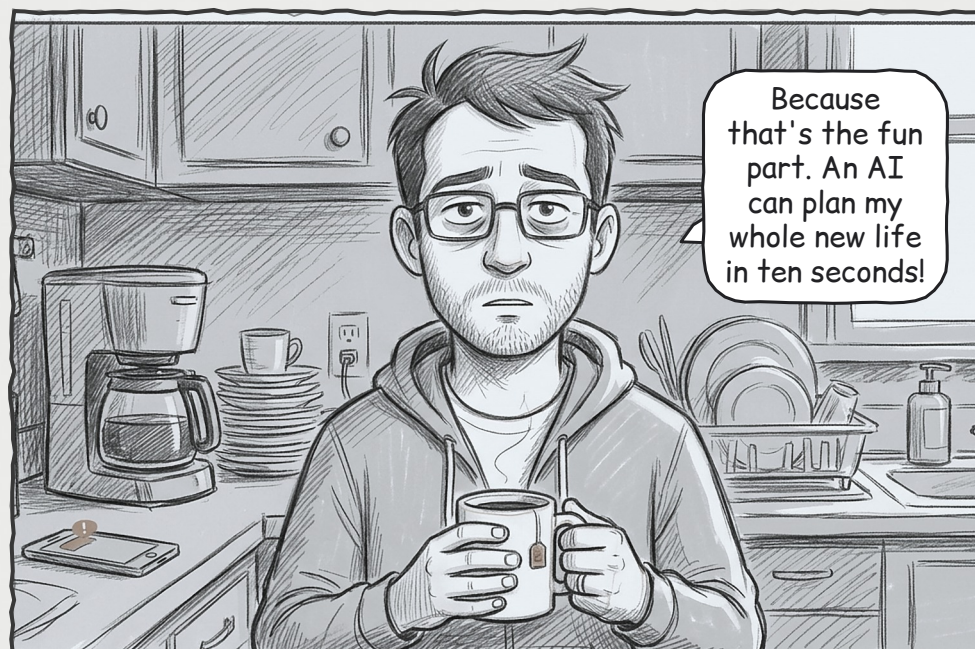


Fix your energy before your goals.









Plans are cheap.
Energy isn't.

⏮ Let's rewind and try again...