

The Energy Blueprint Cheat Sheet

SPAN CLASSES

Use these classes to set the width of a column

span-1	span-13
span-2	span-14
span-3	span-15
span-4	span-16
span-5	span-17
span-6	span-18
span-7	span-19
span-8	span-20
span-9	span-21
span-10	span-22
span-11	span-23
span-12	span-24

APPEND CLASSES

Add these to a column to add empty columns to the right

append-1	append-13
append-2	append-14
append-3	append-15
append-4	append-16
append-5	append-17
append-6	append-18
append-7	append-19
append-8	append-20
append-9	append-21
append-10	append-22
append-11	append-23
append-12	

PREPEND CLASSES

Add these to a column to add empty columns to the left

prepend-1	prepend-13
prepend-2	prepend-14
prepend-3	prepend-15
prepend-4	prepend-16
prepend-5	prepend-17
prepend-6	prepend-18
prepend-7	prepend-19
prepend-8	prepend-20
prepend-9	prepend-21
prepend-10	prepend-22
prepend-11	prepend-23
prepend-12	

VERTICAL CLASSES


Use these classes on an element to add vertical space

prepend-top
append-bottom

PUSH/PULL CLASSES

Use these classes on an element to push it right into the next column, or pull it left into the previous column

push-1	up to ... push-24
pull-1	up to ... pull-24



Blueprint

v.0.8

Blueprint CSS version 0.8 (<http://www.blueprintcss.org/>)
Copyright © 2007-2009 blueprintcss.org
Cheat sheet v.2.0 by Sarah J M Saunders, based on Help Sheet v.0.3 by Alejandro Vasquez

STYLESHEET LINK

Download the latest version from <http://code.google.com/p/blueprintcss/> and add these lines into the <head> of your page. Check that your href path is correct.

```
<link rel="stylesheet" href="blueprint/screen.css" type="text/css" media="screen, projection" />
<link rel="stylesheet" href="blueprint/print.css" type="text/css" media="print" />
<!--[if IE]>
<link rel="stylesheet" href="blueprint/ie.css" type="text/css" media="screen, projection" />
</endif-->
```

USAGE

```
<body>
<div class="container">
  <div class="span-16">
    <p>Column 1</p>
  </div>
  <div class="span-8 last">
    <p>Column 2</p>
  </div>
</div>
</body>
```

div.prepend implies a column (column can still be used). Remember to use "last" for the last column of the row to avoid it jumping to the next row. Columns can be **nested** inside one another.

TYPOGRAPHY

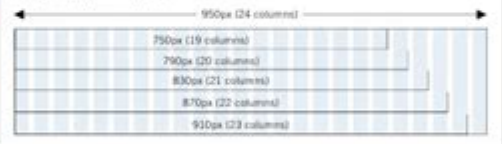
typography.css sets up some sensible default typography. The **font-size** percentage is of 16px (0.75 * 16px = 12 px). Line-heights and vertical margins are automatically calculated from this in ems.

The base **line-height** is 18px (1.5em). This means that every element, from line-heights to images have a height that is a multiple of 18 (or 1.5 if you use ems).

Color is #222 (dark grey). **font-family** is "Helvetica Neue", "Helvetica", "Arial", sans-serif. Also defines tables, lists and misc. classes.

GRID defined in grid.css

If you need more or fewer columns use this formula to find the new total width:
total width = (columns * 40) + 10



GRID CLASSES

append-x	Add these to a column to add empty columns to the right, x = 1-23.
append-bottom	Add a 1.5em gutter below an element.
div.border	Shows a border on the right hand side of a column.
box	Creates a padded box inside a column. (padding: 1.5em; margin-bottom: 1.5em).
clear	Regular clearing, apply to column that should drop below previous ones.
clearfix	Clearing floats without extra markup. (See http://dmitrybaranovskiy.github.io/fix-styling-with-clearfix/)
div.colborder	Shows a border with more whitespace, spans one column.
column	Use with .span-x classes to create combinations of columns in the layout.
container	A container should group all your columns, use on <div>.
last	The last column in a row needs this class.
prepend-x	Add these to a column to add empty columns to the left, x = 1-23.
prepend-top	Add a 1.5em gutter above an element.
pull-x	Use these classes on an element to pull it into the previous column, x = 1-24.
push-x	Use these classes on an element to push it into the next column, x = 1-24.
showgrid	Use this on any div span / container to see the grid as a background image.
hr.space	Use this to create a (white) horizontal rule across a column; also use <hr />.
span-x	Use these classes to set the width of a column, x = 1-24; usually used on a div element. Can now also be used on input, textarea and select elements.

RESET defined in reset.css

Blueprint CSS resets all browsers' default elements to:

- margin: padding: border: 0
- font-size: 100%
- font-weight: normal
- other font values: inherit
- image borders: 0

Tables still need "border-collapse: collapse" in the markup though.

TYPOGRAPHY CLASSES

These classes are defined in the **typography.css** file. Other typographic elements are also defined in this file.

small	0.8em; line 1.875
large	1.2em; line 2.5
h1	display: none
h2	color: #666 (grey)
h3	color: #000 (black)
h4	color: #000 (black)
h5	color: #000 (black)
h6	color: #000 (black)
h7	color: #000 (black)
h8	color: #000 (black)
h9	color: #000 (black)
h10	color: #000 (black)
h11	color: #000 (black)
h12	color: #000 (black)
h13	color: #000 (black)
h14	color: #000 (black)
h15	color: #000 (black)
h16	color: #000 (black)
h17	color: #000 (black)
h18	color: #000 (black)
h19	color: #000 (black)
h20	color: #000 (black)
h21	color: #000 (black)
h22	color: #000 (black)
h23	color: #000 (black)
h24	color: #000 (black)

IMAGE CLASSES

These classes are defined in the **typography.css** file.

img	float: left; margin: 1.5 1.5 0 1.5 em
img	float: right; margin: 1.5 0 1.5 1.5 em

FORMS

These are defined in the **forms.css** file.

error	red framed box
notice	yellow framed box
success	green framed box
input.text	w: 300px; padding: 5px
input.text	font-size: 1.5em
input.text	w: 390px; h: 250px
input.text	w: 200px
input.text	border
input.text	p: 1.4em; margin: 0 0 1.5 0 em; border
input.text	font-size: 1.2em

IE FIXES

ie.css contains every hack for Internet Explorer.

IE all	Fix margin bug
IE all	Line height on sub/typ
IE all	Fix padding on fieldset
IE 5	Centre layout
IE 6	Fix legend bug
IE 6 & 7	Fix <div> numbers
IE 6 & 7	Fix <div> margins
IE 7	Fix <code> wrap

The Energy Blueprint Cheat Sheet is a powerful resource designed for those looking to optimize their energy levels, improve their overall health, and enhance their mental clarity. In today's fast-paced world, maintaining high energy levels can be challenging due to various factors such as stress, poor diet, lack of sleep, and sedentary lifestyles. This cheat sheet aims to provide an accessible way to understand the elements that contribute to energy production in the body, as well as practical strategies to implement these ideas in daily life.

Understanding Energy Production

Energy production in the body is a complex process involving several systems, primarily the mitochondria, which are often referred to as the "powerhouses" of the cells. Here, we will explore the key components that influence how effectively our bodies produce and utilize energy.

The Role of Mitochondria

Mitochondria are responsible for converting the nutrients we consume into adenosine triphosphate (ATP), the main energy currency of the cell. Factors that affect mitochondrial function include:

- Nutrition: The types of food we eat directly impact mitochondrial health. A diet rich in whole foods, healthy fats, and lean proteins supports optimal function.
- Exercise: Physical activity stimulates mitochondrial biogenesis, the process by which new mitochondria are formed, leading to improved energy efficiency.
- Stress Management: Chronic stress can impair mitochondrial function, making it crucial to engage in stress-reducing activities.

The Importance of Hormones

Hormones play a vital role in energy regulation. Key hormones include:

- Insulin: Helps manage blood sugar levels and affects energy storage and usage.
- Cortisol: Known as the stress hormone, it can impact energy levels positively or negatively, depending on the situation.
- Thyroid Hormones: These hormones regulate metabolism and energy production in the body.

The Energy Blueprint Cheat Sheet Components

The Energy Blueprint Cheat Sheet provides actionable steps to optimize energy levels through lifestyle changes. Below are the core components to focus on:

1. Nutrition

What we eat has a direct impact on our energy levels. Here are some dietary strategies:

- Whole Foods: Prioritize fruits, vegetables, whole grains, and lean proteins. These foods provide essential nutrients that support mitochondrial function.
- Healthy Fats: Incorporate sources of omega-3 fatty acids, such as fish, walnuts, and flaxseeds, which can help reduce inflammation and improve brain function.
- Hydration: Dehydration can lead to fatigue. Aim for at least 8-10 cups of water per day, adjusting for activity level and climate.

- **Balanced Meals:** Ensure each meal includes a balance of carbohydrates, proteins, and fats to maintain stable blood sugar levels.

2. Physical Activity

Regular exercise is essential for boosting energy. Here are some recommendations:

- **Aerobic Exercise:** Activities like walking, jogging, cycling, or swimming can enhance cardiovascular health and increase endurance.
- **Strength Training:** Lifting weights or performing bodyweight exercises helps build muscle, which can improve metabolism.
- **Flexibility and Mobility Work:** Incorporate yoga, stretching, or Pilates to enhance overall physical performance and reduce the risk of injury.

3. Sleep and Recovery

Quality sleep is crucial for energy restoration. Consider the following tips:

- **Sleep Hygiene:** Create a sleep-friendly environment by keeping the bedroom dark, cool, and quiet.
- **Consistent Schedule:** Go to bed and wake up at the same time each day, even on weekends, to regulate your internal clock.
- **Wind-Down Routine:** Establish a calming pre-sleep routine to signal your body that it's time to relax.

4. Stress Management

Managing stress effectively can prevent energy depletion. Here are some techniques:

- **Mindfulness and Meditation:** Practicing mindfulness can help reduce stress and improve focus, leading to better energy management.
- **Breathing Exercises:** Deep breathing can quickly lower stress levels and increase oxygen flow to the brain and body.
- **Time Management:** Prioritize tasks and set realistic goals to avoid feeling overwhelmed.

5. Supplementation

Certain supplements can support energy production. Consult with a healthcare professional before adding any new supplements to your routine. Some beneficial options include:

- **Coenzyme Q10 (CoQ10):** An antioxidant that supports mitochondrial function and may improve energy levels.
- **B Vitamins:** Essential for energy metabolism and can help combat fatigue.
- **Magnesium:** Plays a role in energy production and can help reduce muscle fatigue.

Common Energy Drainers

Recognizing and minimizing factors that drain energy is essential for maintaining optimal levels. Here are some common culprits:

1. Poor Diet

- Processed foods and high sugar intake can lead to energy crashes.
- Skipping meals can result in low blood sugar levels, causing fatigue.

2. Sedentary Lifestyle

- Lack of movement can lead to decreased energy levels and increased feelings of fatigue.
- Prolonged sitting has been linked to negative health outcomes, including low energy.

3. Chronic Stress

- Ongoing stress can lead to burnout and fatigue.
- Poor stress management techniques can exacerbate energy depletion.

Implementing the Energy Blueprint

To effectively implement the Energy Blueprint Cheat Sheet into your life, consider the following steps:

1. Assessment: Evaluate your current lifestyle, diet, and energy levels.
2. Set Goals: Determine specific, achievable goals related to nutrition, exercise, and stress management.
3. Create a Plan: Develop a daily or weekly plan that incorporates the cheat sheet's recommendations.
4. Track Progress: Keep a journal to monitor changes in energy levels and overall well-being.
5. Adjust as Necessary: Be flexible and willing to adjust your strategies based on what works best for you.

Conclusion

The Energy Blueprint Cheat Sheet is a valuable tool for anyone seeking to enhance their energy levels and overall health. By focusing on nutrition, physical activity, sleep, stress management, and recognizing common energy drainers, individuals can take control of their energy production and significantly improve their quality of life. Implementing these strategies may require effort and consistency, but the rewards of increased vitality and mental clarity are well worth it. Embrace the

journey towards optimal energy, and unlock your full potential.

Frequently Asked Questions

What is the Energy Blueprint Cheat Sheet?

The Energy Blueprint Cheat Sheet is a concise guide designed to help individuals identify and implement strategies to boost their energy levels, improve overall health, and enhance productivity.

Who is the target audience for the Energy Blueprint Cheat Sheet?

The target audience includes anyone looking to increase their energy levels, including busy professionals, students, athletes, and individuals experiencing fatigue or low energy.

What are some key strategies included in the Energy Blueprint Cheat Sheet?

Key strategies include optimizing nutrition, improving sleep quality, managing stress, staying hydrated, and incorporating physical activity into daily routines.

How can the Energy Blueprint Cheat Sheet help with fatigue?

By providing actionable steps to enhance lifestyle choices, the cheat sheet helps address the root causes of fatigue, leading to increased energy and vitality.

Is the Energy Blueprint Cheat Sheet suitable for people with specific health conditions?

While the cheat sheet offers general advice, individuals with specific health conditions should consult a healthcare professional before making significant changes to their diet or lifestyle.

Can the Energy Blueprint Cheat Sheet be used alongside other wellness programs?

Yes, it can complement other wellness programs, as it focuses on energy management which is a fundamental aspect of overall health and well-being.

Are there any scientific studies backing the recommendations in the Energy Blueprint Cheat Sheet?

Many of the strategies in the Energy Blueprint Cheat Sheet are supported by scientific research in the fields of nutrition, sleep science, and exercise physiology.

How can I access the Energy Blueprint Cheat Sheet?

The Energy Blueprint Cheat Sheet is typically available for download on its official website or through

related health and wellness platforms.

Find other PDF article:

<https://soc.up.edu.ph/17-scan/pdf?trackid=kOq27-2841&title=density-practice-worksheet-1-answer-key.pdf>

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