

# Spoons Checklist

## Morning Check-In

How many spoons do you feel you have starting your day today?  
(Think of spoons as units of energy.)

- ☐ 0-1 (Running on empty)
- ☐ 2-3 (Low energy, need to pace myself)
- ☐ 4-5 (Okay, but limited)
- ☐ 6-7 (Doing alright)
- ☐ 8-10 (Pretty energized!)



Anything affecting your energy today (sleep, pain, emotions, stress)?

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What's on your plan today? List tasks/activities.

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## Mid-Day Check-in

How many spoons do you have left?

- ☐ 0-1
- ☐ 2-3
- ☐ 4-5
- ☐ 6-7
- ☐ 8-10



What has used up your spoons so far?

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Did you take any breaks to recharge?

- ☐ Yes ☐ No

If yes, what helped? Even a little?

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## Evening Check-In

How many spoons do you have left now?

- ☐ 0-1
- ☐ 2-3
- ☐ 4-5
- ☐ 6-7
- ☐ 8-10



What helped you get through the day?

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What drained your energy the most?

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Was there a moment where you could have used a pause or support?  
What can you do next time?

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## Personal Energy Refill Menu

### Refill Strategies I Tried Today:

- ☐ Breathing exercises
- ☐ Listening to music
- ☐ A short nap or rest (30 min or less)
- ☐ Gentle movement or stretching
- ☐ Stepping outside
- ☐ Eating a snack or staying hydrated
- ☐ Talking to someone supportive
- ☐ Adjusting screen time
- ☐ Saying no / adjusting expectations
- ☐ Other: \_\_\_\_\_



### Refill strategies to try tomorrow:

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**Affirmation for tomorrow: "Tomorrow, I want to \_\_\_\_\_"**

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