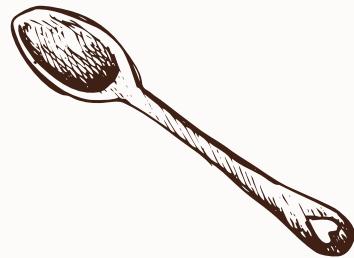


Spoons Checklist

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)?

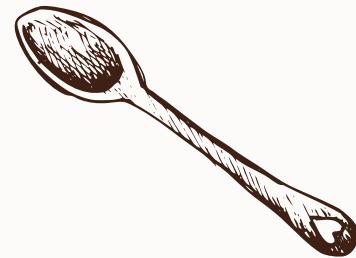
What's on your plan today? List tasks/activities.

-
-
-
-

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?

Did you take any breaks to recharge?

Yes No

If yes, what helped? Even a little?

Evening Check-In

How many spoons do you have left now?

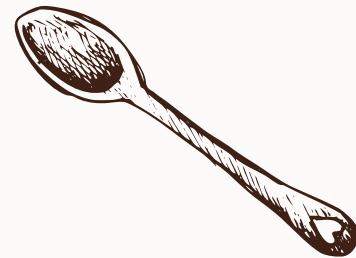
0–1

2–3

4–5

6–7

8–10



What helped you get through the day?

What drained your energy the most?

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

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:

Affirmation for tomorrow: "Tomorrow, I want to _____"
