Spoon Logging Worksheet

**Instructions**

Use this worksheet to track your levels throughout the day. Each task or activity you do can use a number of spoons (a unit of energy). By identifying where your energy goes, you can begin to identify patterns and potential changes that support your well-being.

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| Time | Activity | Spoons used | How I felt |
| eg. 8 am | School drop off | 2 spoons | Tired but okay |
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