



Energy and Fatigue Tracking Log

This log is designed to support you in better understanding your unique energy rhythms and fatigue levels throughout the day. Many neurodivergent people experience fluctuations in energy that are influenced by sensory input, masking, executive functioning demands, and social or environmental pressures. Tracking these patterns can help you identify what helps, what drains you, and how to make more neuroaffirming choices that support your well-being.

Rather than expecting your energy to be “consistent” or “typical,” this log honours the natural variability many neurodivergent individuals experience.

By noticing what affects your energy and what helps you recover or recharge, you and your therapist or support team can work together to develop strategies that are more aligned with how your brain and body function.

Each day, please record the following:

1. **Date**
2. **Energy Levels**
 - Rate your energy in the **Morning, Midday, and Evening** on a scale of 1–10 (1 = no energy at all; 10 = lots of energy and motivation)
3. **Fatigue Rating**
 - How fatigued did you feel *overall* today?
Rate from 1–10 (1 = not fatigued; 10 = completely depleted)
4. **Factors That May Have Affected Your Energy**
 - Examples: Sleep quality, Masking/social interaction, Sensory overload or shutdown, Executive functioning load (e.g., decision-making, planning), Food and hydration, Stress, anxiety, overstimulation, Medication or health issues, Menstrual cycle/hormonal changes
5. **Things That Helped or Didn't Help**
 - What strategies did you use (intentionally or accidentally)?
 - Examples: naps, stimming, movement breaks, quiet time, music, pacing tasks, use of noise-cancelling headphones, specific routines, changing lighting, etc.
 - Note what felt helpful or unhelpful.
6. **Reflections or Notes for Therapy**
 - Any patterns, frustrations, or moments of clarity?
 - Anything you want to discuss or explore further with your therapist?



Why Track Energy and Fatigue?

- It helps you build awareness of *how* your body and mind respond to different demands.
- You can identify early signs of burnout or shutdown and adjust before things escalate.
- It helps you advocate for your needs (e.g., support workers, rest time, sensory adjustments).
- It gives you language to describe your experiences and communicate with others.

Reminder: If you notice significant changes in your energy or fatigue levels, or if you are concerned about your physical or mental health, please consult a healthcare professional.

Date Range:

Date	Morning Energy Level (1-10)	Midday Energy Level (1-10)	Evening energy Level (1-10)	Fatigue Level (1- 10)	Factors Affecting Your Energy/Fatigue	Coping Strategies

Therapy Discussion Points: