



Daily Energy & Needs Tracker



♥ Understanding your energy. Supporting your wellbeing. ♥

Some days feel easier. Other days feel overwhelming. This tracker can help you notice patterns, understand what uses up your energy (and what gives it back), and plan for more balanced days.

WHAT IS ENERGY ACCOUNTING?

Think of your energy like a battery. You start each day with a certain amount.

Activities, people, environments and changes use energy up.

Rest, calm, routines and things you enjoy help recharge you.

When more energy is used than restored, it can lead to overwhelm and burnout.



DAILY ENERGY TRACKER

Use this space to reflect on your day. There are no right or wrong answers.

| | Morning (Start of Day) | Afternoon (Midday Check-In) | Evening (End of Day) |
|---|--------------------------------------|--------------------------------------|--------------------------------------|
| My energy level (0 = empty 10 = full) | 0 1 2 3 4 5 6 7 8 9 10 ●●●●●●●●●● | 0 1 2 3 4 5 6 7 8 9 10 ●●●●●●●●●● | 0 1 2 3 4 5 6 7 8 9 10 ●●●●●●●●●● |
| How I felt mentally | | | |
| How I felt emotionally | | | |
| What helped? | | | |
| What used up energy? | | | |

ENERGY DRAINS

Things that may use up your energy (examples)



- Social interactions _____
- Busy or noisy places _____
- Changes or unpredictability _____
- Planning and decision making _____
- Masking or hiding how you feel _____
- Other: _____

ENERGY BOOSTERS

Things that may help restore your energy (examples)



- Time alone or quiet time _____
- Doing what you enjoy _____
- Predictable routines _____
- Low sensory environments _____
- Good sleep and rest _____
- Other: _____

NOTES & REFLECTION



- ♥ What patterns do you notice? _____
- ♥ What might help tomorrow? _____
- ♥ Anything you want to remember? _____

GENTLE REMINDER



Your energy is not a measure of your worth. It's a sign that your nervous system is working hard to help you navigate the world.

*You are allowed to rest.
You are allowed to recharge.
You matter.*



Small awareness leads to big changes.

Use this tracker in whatever way feels helpful to you.

There's no perfect way to do this.

Be kind to yourself each step of the way.