

Daily Spoon & Writing Tracker

Date: _____

Morning Check-In ☀

Initial spoon count: ○○○○○○○○○○ (Circle your spoons)

Energy level:

- ☐ 5 - Exceptional
- ☐ 4 - Good
- ☐ 3 - Average
- ☐ 2 - Low
- ☐ 1 - Very low

Current symptoms (Check all that apply):

- ☐ Brain fog
- ☐ Physical pain (Rate 1-10: ____)
- ☐ Fatigue
- ☐ Screen sensitivity
- ☐ Hand/wrist issues
- ☐ Other: _____

Today's Writing Goals

Priority task (must do):

Estimated spoon cost: _____

Secondary tasks (if energy allows):

1. _____

2. _____

3. _____

Writing Session Tracker

Morning session

Time: _____ to _____

Spoons used: _____

Words written: _____

Tasks completed: _____

Notes: _____

Afternoon session

Time: _____ to _____

Spoons used: _____

Words written: _____

Tasks completed: _____

Notes: _____

Evening session

Time: _____ to _____

Spoons used: _____

Words written: _____

Tasks completed: _____

Notes: _____

Adaptations Used Today

- [] Voice-to-text
- [] Changed writing location
- [] Used dictation
- [] Timer breaks
- [] Comfort tools
- [] Other: _____

End of Day Reflection 丷

Remaining spoons: ○○○○○○○○○○

Today's wins:

1. _____

2. _____

3. _____

Challenges faced:

What worked well:

What to adjust tomorrow:

Tomorrow's Prep

Priority task: _____

Expected start time: _____

Tools needed: _____

Estimated spoons needed: _____

Notes & Insights

Remember.

- Your worth isn't measured by your word count
- Listen to your body
- Celebrate all progress, no matter how small
- Some days are for writing, some days are for rest