

UNDATED . HYPERLINKED . REUSABLE EVERY YEAR

The Room to Breathe Planner

A digital planner built for brains and bodies that don't run to a standard timetable. For ADHD, autism, dyslexia, chronic illness, fatigue, pain, low vision, and anyone whose energy is not the same every day.

- Atkinson Hyperlegible type throughout
- Large tap targets, no tiny links
- Low-demand pages for bad days
- 227 pages, works in GoodNotes and friends

Open the planner

Tap any button or tab to navigate

Start here

How this planner works

Two minutes of setup, then you can ignore all of this.

1. Get it into your app

- Open this PDF in GoodNotes, Notability, Noteshelf, Xodo or Samsung Notes.
- Import it as a document, not as an image, or the links will stop working.
- In GoodNotes, turn OFF 'Scroll' and use page-by-page view so tapping a link feels solid.
- You need read mode (not the pencil) for links to respond to a tap.

2. Moving around

- The coloured tabs down the right edge jump to each section. The selected tab sticks out further so you can see it without relying on colour.
- Back and Next at the bottom move one page at a time.
- The button at the top right returns you to that section's contents.
- The three pale buttons at the bottom of most pages are always the same three: Brain dump, Bare minimum, Overwhelm plan.

3. Make more of any page you like

There are 20 open day pages and 10 low-energy day pages. When you run out, do not start rationing them. In GoodNotes: open the page thumbnail view, tap the three dots on a page, choose Duplicate. The copy keeps working links. Same in Notability (Duplicate Page) and Noteshelf (Copy Page).

Next



Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Why it looks like this

Every choice on these pages is doing a job.

The typeface

Atkinson Hyperlegible, made by the Braille Institute. Letters that usually get confused, like I l 1 and O Ø and b d, are drawn differently on purpose.

The paper colour

Warm off-white rather than white. Pure white behind black text creates glare that many dyslexic and migraine-prone readers find makes the words move.

Numbers on the scales

Rating scales are numbered as well as positioned, so they still work if you don't see colour the way the designer does, or if you print this in black and white.

Nothing is a streak

No habit tracker in here punishes you for a gap. There are no unbroken chains to break.

Done lists, not just to-do lists

Several pages ask what you did manage, not only what you planned. Recall is unreliable when you are tired, and evidence is useful at appointments.

Space to write

Writing lines are set wide apart for stylus handwriting and for anyone whose hands shake or hurt.

This planner is a tool, not a test. If a page does not suit you, skip it. Nothing in here is keeping score.

◀ Back

Next ▶

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

My access needs

Fill this in once. It is useful to have somewhere you can point at.

How I work best

Time of day, environment, pace.

What helps when I am overwhelmed

And what definitely does not.

My sensory needs

Sound, light, texture, smell, temperature, crowds.

What I need other people to know

Adjustments, communication, warning signs.

◀ Back

Next ▶

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Home

Everything is one tap from here.

Year at a Glance

Twelve months on one page

Months

12 undated month grids

Weeks

52 weekly spreads

Days

Open, low-energy and recovery days

Energy & Pacing

Budget, pacing plan, crash plan

Health

Symptoms, meds, appointments

Support Tools

Brain dumps, breaking tasks down

Notes

Lined, dotted, blank, structured

How this works

Setup and access needs

If today is hard:

Brain dump

Bare minimum

Overwhelm plan

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Year at a Glance

Undated. Write in whichever month you are starting from.

◀ Year at a Glance

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

What matters this year (a direction, not a target)

Month 1

Month 2

Month 3

Month 4

Month 5

Month 6

Month 7

Month 8

Month 9

Month 10

Month 11

Month 12

◀ Back

Next ▶

Months

Tap a month. They are undated, so start wherever you are.

Month 1

Grid, focus, appointments

Month 2

Grid, focus, appointments

Month 3

Grid, focus, appointments

Month 4

Grid, focus, appointments

Month 5

Grid, focus, appointments

Month 6

Grid, focus, appointments

Month 7

Grid, focus, appointments

Month 8

Grid, focus, appointments

Month 9

Grid, focus, appointments

Month 10

Grid, focus, appointments

Month 11

Grid, focus, appointments

Month 12

Grid, focus, appointments

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

If today is hard:

Brain dump

Bare minimum

Overwhelm plan

Month 1

write the month and year here

MON	TUE	WED	THU	FRI	SAT	SUN

Jump to the weeks in this month:

- W1
- W2
- W3
- W4
- W5

◀ Back

Next ▶

◀ Months

Home

Year

This month's focus

One or two things, not ten.

Appointments & dates

Rest already booked in

Protect these first.

Month

Week

Day

Energy

Health

Tools

Notes

Month 2

write the month and year here

MON	TUE	WED	THU	FRI	SAT	SUN

Jump to the weeks in this month:

- W5
- W6
- W7
- W8
- W9

◀ Back

Next ▶

◀ Months

Home

Year

This month's focus

One or two things, not ten.

Appointments & dates

Rest already booked in

Protect these first.

Month

Week

Day

Energy

Health

Tools

Notes

Month 3

write the month and year here

MON	TUE	WED	THU	FRI	SAT	SUN

Jump to the weeks in this month:

- W9
- W10
- W11
- W12
- W13

◀ Back

◀ Months

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

This month's focus

One or two things, not ten.

Appointments & dates

Rest already booked in

Protect these first.

Next ▶

Month 4

write the month and year here

MON	TUE	WED	THU	FRI	SAT	SUN

Jump to the weeks in this month:

- W13
- W14
- W15
- W16
- W17

◀ Back

Next ▶

◀ Months

Home

Year

This month's focus

One or two things, not ten.

Appointments & dates

Rest already booked in

Protect these first.

Month

Week

Day

Energy

Health

Tools

Notes

Month 5

write the month and year here

MON	TUE	WED	THU	FRI	SAT	SUN

Jump to the weeks in this month:

- W17
- W18
- W19
- W20
- W21

◀ Back

Next ▶

◀ Months

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

This month's focus

One or two things, not ten.

Appointments & dates

Rest already booked in

Protect these first.

Month 6

write the month and year here

MON	TUE	WED	THU	FRI	SAT	SUN

Jump to the weeks in this month:

- W21
- W22
- W23
- W24
- W25

◀ Back

Next ▶

◀ Months

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

This month's focus

One or two things, not ten.

Appointments & dates

Rest already booked in

Protect these first.

Month 7

write the month and year here

MON	TUE	WED	THU	FRI	SAT	SUN

Jump to the weeks in this month:

- W25
- W26
- W27
- W28
- W29

◀ Back

Next ▶

◀ Months

Home

Year

This month's focus

One or two things, not ten.

Appointments & dates

Rest already booked in

Protect these first.

Month

Week

Day

Energy

Health

Tools

Notes

Month 8

write the month and year here

MON	TUE	WED	THU	FRI	SAT	SUN

Jump to the weeks in this month:

- W29
- W30
- W31
- W32
- W33

◀ Back

Next ▶

◀ Months

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

This month's focus

One or two things, not ten.

Appointments & dates

Rest already booked in

Protect these first.

Month 9

write the month and year here

MON	TUE	WED	THU	FRI	SAT	SUN

Jump to the weeks in this month:

- W33
- W34
- W35
- W36
- W37

◀ Back

Next ▶

◀ Months

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

This month's focus

One or two things, not ten.

Appointments & dates

Rest already booked in

Protect these first.

Month 10

write the month and year here

MON	TUE	WED	THU	FRI	SAT	SUN

Jump to the weeks in this month:

- W37
- W38
- W39
- W40
- W41

◀ Back

◀ Months

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

This month's focus

One or two things, not ten.

Appointments & dates

Rest already booked in

Protect these first.

Next ▶

Month 11

write the month and year here

MON	TUE	WED	THU	FRI	SAT	SUN

Jump to the weeks in this month:

- W41
- W42
- W43
- W44
- W45

◀

Back

Next▶

◀ Months

Home

Year

This month's focus

One or two things, not ten.

Appointments & dates

Rest already booked in

Protect these first.

Month

Week

Day

Energy

Health

Tools

Notes

Month 12

write the month and year here

MON	TUE	WED	THU	FRI	SAT	SUN

Jump to the weeks in this month:

- W45
- W46
- W47
- W48
- W49

◀ Back

Next ▶

◀ Months

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

This month's focus

One or two things, not ten.

Appointments & dates

Rest already booked in

Protect these first.

Weeks

52 spreads. Undated, so week one is whenever you decide it is.

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32
Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	Week 40
Week 41	Week 42	Week 43	Week 44	Week 45	Week 46	Week 47	Week 48
Week 49	Week 50	Week 51	Week 52				

If today is hard:

Brain dump

Bare minimum

Overwhelm plan

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Week 1

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 2

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 3

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 4

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 5

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 6

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 7

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 8

week beginning

◀

Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀

Back

Next

▶

Week 9

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 10

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 11

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 12

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 13

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 14

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 15

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 16

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 17

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 18

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 19

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 20

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 21

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 22

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 23

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 24

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 25

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 26

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 27

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 28

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 29

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 30

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 31

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 32

week beginning



Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.



Back

Next



Week 33

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 34

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 35

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 36

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 37

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 38

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 39

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 40

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 41

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 42

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 43

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 44

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 45

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 46

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 47

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 48

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 49

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 50

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 51

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Week 52

week beginning

◀ Weeks

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The one priority

If only this happens, the week worked.

Appointments

Deliberately not doing

Dropping things is a skill.

MON

TUE

WED

THU

FRI

SAT

SUN

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

energy 1 2 3 4 5

Circle how the day actually went - it is data, not a report card.

◀ Back

Next ▶

Days

Three kinds of day. Pick whichever matches the body you woke up in.

Open day

Full page: plan, timings, done list.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20

Low-energy day

Fewer decisions. Three things, maximum.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Recovery day

Almost nothing to fill in. Rest and log.

1	2	3	4
---	---	---	---

Run out? Duplicate any page in your notes app - the copy keeps its links. There is no rule about which page type you 'should' be using.

If today is hard:

Brain dump

Bare minimum

Overwhelm plan

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

How am I arriving?

1 2 3 4 5

1 = running on empty 5 = good

1

2

3

4

5

5 = good

The one thing

If only this gets done, today counts.

Body basics

- ☐ Something to drink
- ☐ Something to eat
- ☐ Medication
- ☐ Moved my body (any amount)
- ☐ Meds later on

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

[illegible]

When	What	Guess	Real
------	------	-------	------

Park it here

Anything your brain keeps handing you mid-task.

What I actually did

Everything counts. Showering counts.

© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

How am I arriving?



1 = running on empty 5 = good

1

2

3

4

5

5 = good

The one thing

If only this gets done, today counts.

Body basics

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

[illegible]

When	What	Guess	Real
------	------	-------	------

When

What

Guess

Real

Park it here

Anything your brain keeps handing you mid-task.

What I actually did

Everything counts. Showering counts.

© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

How am I arriving?

1 2 3 4 5

1 = running on empty 5 = good

1

2

3

4

5

5 = good

The one thing

If only this gets done, today counts.

Body basics

- ☐ Something to drink
- ☐ Something to eat
- ☐ Medication
- ☐ Moved my body (any amount)
- ☐ Meds later on

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

[illegible]

When	What	Guess	Real
------	------	-------	------

Park it here

Anything your brain keeps handing you mid-task.

What I actually did

Everything counts. Showering counts.

© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

How am I arriving?

1 2 3 4 5

1 = running on empty 5 = good

1

2

3

4

5

5 = good

The one thing

If only this gets done, today counts.

Body basics

- ☐ Something to drink
- ☐ Something to eat
- ☐ Medication
- ☐ Moved my body (any amount)
- ☐ Meds later on

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

[illegible]

When	What	Guess	Real
------	------	-------	------

Park it here

Anything your brain keeps handing you mid-task.

What I actually did

Everything counts. Showering counts.

© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

How am I arriving?

1 2 3 4 5

1 = running on empty 5 = good

1

2

3

4

5

5 = good

The one thing

If only this gets done, today counts.

Body basics

- ☐ Something to drink
- ☐ Something to eat
- ☐ Medication
- ☐ Moved my body (any amount)
- ☐ Meds later on

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

[illegible]

When	What	Guess	Real
------	------	-------	------

Park it here

Anything your brain keeps handing you mid-task.

What I actually did

Everything counts. Showering counts.

© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

How am I arriving?

1 2 3 4 5

1 = running on empty 5 = good

1

2

3

4

5

5 = good

The one thing

If only this gets done, today counts.

Body basics

- ☐ Something to drink
- ☐ Something to eat
- ☐ Medication
- ☐ Moved my body (any amount)
- ☐ Meds later on

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

[illegible]

When	What	Guess	Real
------	------	-------	------

Park it here

Anything your brain keeps handing you mid-task.

What I actually did

Everything counts. Showering counts.



© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

How am I arriving?



1 = running on empty 5 = good

1

2

3

4

5

5 = good

The one thing

If only this gets done, today counts.

Body basics

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

[illegible]

When	What	Guess	Real
------	------	-------	------

Park it here

Anything your brain keeps handing you mid-task.

What I actually did

Everything counts. Showering counts.



© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

How am I arriving?

1 2 3 4 5

1 = running on empty 5 = good

1

2

3

4

5

5 = good

The one thing

If only this gets done, today counts.

Body basics

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

[illegible]

When	What	Guess	Real
------	------	-------	------

Park it here

Anything your brain keeps handing you mid-task.

What I actually did

Everything counts. Showering counts.

© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

How am I arriving?

1 2 3 4 5

1 = running on empty 5 = good

1

2

3

4

5

5 = good

The one thing

If only this gets done, today counts.

Body basics

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

[illegible]

Park it here

Anything your brain keeps handing you mid-task.

What I actually did

Everything counts. Showering counts.

© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd



Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

How am I arriving?



A horizontal scale with five circular nodes containing the numbers 1, 2, 3, 4, and 5. Below the nodes, the text "1 = running on empty" is aligned under node 1, and "5 = good" is aligned under node 5.

1	2	3	4	5
1 = running on empty				5 = good

1

2

3

4

5

5 = good

The one thing

If only this gets done, today counts.

Body basics

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

[illegible]

When	What	Guess	Real
------	------	-------	------

Park it here

Anything your brain keeps handing you mid-task.

What I actually did

Everything counts. Showering counts.

© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

How am I arriving?

1 2 3 4 5

1 = running on empty 5 = good

1

2

3

4

5

5 = good

The one thing

If only this gets done, today counts.

Body basics

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

[illegible]

When

Guess

Real

Park it here

Anything your brain keeps handing you mid-task.

What I actually did

Everything counts. Showering counts.

© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

How am I arriving?

1

2

3

4

5

1 = running on empty 5 = good

1

2

3

4

5

5 = good

The one thing

If only this gets done, today counts.

Body basics

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

[illegible]

When	What	Guess	Real
------	------	-------	------

Park it here

Anything your brain keeps handing you mid-task.

What I actually did

Everything counts. Showering counts.

Open day 13

date

◀ Days

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

How am I arriving?

1

2

3

4

5

1 = running on empty

5 = good

body / mood in one word

The one thing

If only this gets done, today counts.

Body basics

☐

☐

☐

☐

☐

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

Today, roughly

Guess how long, then write what it really took. Not to judge - to calibrate.

When

What

Guess

Real

Park it here

Anything your brain keeps handing you mid-task.

What I actually did

Everything counts. Showering counts.

◀ Back

Next ▶

© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

How am I arriving?

1 2 3 4 5

1 = running on empty 5 = good

1

2

3

4

5

5 = good

The one thing

If only this gets done, today counts.

Body basics

- ☐ Something to drink
- ☐ Something to eat
- ☐ Medication
- ☐ Moved my body (any amount)
- ☐ Meds later on

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

[illegible]

When	What	Guess	Real
------	------	-------	------

Park it here

Anything your brain keeps handing you mid-task.

What I actually did

Everything counts. Showering counts.

© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

How am I arriving?



1 = running on empty 5 = good

1

2

3

4

5

5 = good

The one thing

If only this gets done, today counts.

Body basics

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

[illegible]

When

Guess

Real

Park it here

Anything your brain keeps handing you mid-task.

What I actually did

Everything counts. Showering counts.

© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

How am I arriving?



1 = running on empty 5 = good

1

2

3

4

5

5 = good

The one thing

If only this gets done, today counts.

Body basics

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

[illegible]

When	What	Guess	Real
------	------	-------	------

Park it here

Anything your brain keeps handing you mid-task.

What I actually did

Everything counts. Showering counts.

Open day 17

date

◀ Days

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

How am I arriving?

1

2

3

4

5

1 = running on empty

5 = good

body / mood in one word

The one thing

If only this gets done, today counts.

Body basics

☐

☐

☐

☐

☐

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

Today, roughly

Guess how long, then write what it really took. Not to judge - to calibrate.

When

What

Guess

Real

Park it here

Anything your brain keeps handing you mid-task.

What I actually did

Everything counts. Showering counts.

◀ Back

Next ▶

© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

How am I arriving?

1 2 3 4 5

1 = running on empty 5 = good

1

2

3

4

5

5 = good

The one thing

If only this gets done, today counts.

Body basics

- ☐ Something to drink
- ☐ Something to eat
- ☐ Medication
- ☐ Moved my body (any amount)
- ☐ Meds later on

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

[illegible]

When	What	Guess	Real
------	------	-------	------

Real

Park it here

Anything your brain keeps handing you mid-task.

What I actually did

Everything counts. Showering counts.

© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

How am I arriving?



A horizontal scale with five circular nodes containing the numbers 1, 2, 3, 4, and 5. Below the nodes, the text "1 = running on empty" is aligned under node 1, and "5 = good" is aligned under node 5.

1 = running on empty 5 = good

1

2

3

4

5

5 = good

The one thing

If only this gets done, today counts.

Body basics

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

[illegible]

When	What	Guess	Real
------	------	-------	------

Park it here

Anything your brain keeps handing you mid-task.

What I actually did

Everything counts. Showering counts.

Open day 20

date

◀ Days

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

How am I arriving?

1

2

3

4

5

1 = running on empty

5 = good

body / mood in one word

The one thing

If only this gets done, today counts.

Body basics

☐

☐

☐

☐

☐

Something to drink

Something to eat

Medication

Moved my body (any amount)

Meds later on

Today, roughly

Guess how long, then write what it really took. Not to judge - to calibrate.

When

What

Guess

Real

Park it here

Anything your brain keeps handing you mid-task.

What I actually did

Everything counts. Showering counts.

◀ Back

Next ▶

© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Today is a low-energy day. That is information about your body, not a verdict on you.

This page asks for three things. Three is the whole list.

This page asks for three things. Three is the whole list.

The one thing that must happen

Genuinely must. Not should.

Genuinely must. Not should.

One thing that would help me

A shower, a phone call, clean sheets.

A shower, a phone call, clean sheets.

One thing I am dropping

Write it down so it stops circling.

Write it down so it stops circling.

Body basics



- Something to drink
- Something to eat
- Medication
- Moved my body (any amount)
- Rested on purpose
- Fresh air or daylight



- Something to drink
- Something to eat
- Medication
- Moved my body (any amount)
- Rested on purpose
- Fresh air or daylight

Rest I took

Rest is the treatment, not the reward.

Rest is the treatment, not the reward.

Symptoms & what I managed

© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Today is a low-energy day. That is information about your body, not a verdict on you.

This page asks for three things. Three is the whole list.

This page asks for three things. Three is the whole list.

The one thing that must happen

Genuinely must. Not should.

Genuinely must. Not should.

One thing that would help me

A shower, a phone call, clean sheets.

A shower, a phone call, clean sheets.

One thing I am dropping

Write it down so it stops circling.

Write it down so it stops circling.

Body basics



- Something to drink
- Something to eat
- Medication
- Moved my body (any amount)
- Rested on purpose
- Fresh air or daylight



Something to drink

Something to eat

Medication

Moved my body (any amount)

Rested on purpose

Fresh air or daylight

Rest I took

Rest is the treatment, not the reward.

Rest is the treatment, not the reward.

Symptoms & what I managed

Low-energy day 3

date

◀ Days

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Today is a low-energy day. That is information about your body, not a verdict on you.

This page asks for three things. Three is the whole list.

The one thing that must happen

Genuinely must. Not should.

One thing that would help me

A shower, a phone call, clean sheets.

One thing I am dropping

Write it down so it stops circling.

Body basics

☐

 Something to drink☐☐☐☐☐

Rest I took

Rest is the treatment, not the reward.

Symptoms & what I managed

◀ Back

Next ▶

© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd



Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Today is a low-energy day. That is information about your body, not a verdict on you.

This page asks for three things. Three is the whole list.

This page asks for three things. Three is the whole list.

The one thing that must happen

Genuinely must. Not should.

Genuinely must. Not should.

One thing that would help me

A shower, a phone call, clean sheets.

A shower, a phone call, clean sheets.

One thing I am dropping

Write it down so it stops circling.

Write it down so it stops circling.

Body basics



- Something to drink
- Something to eat
- Medication
- Moved my body (any amount)
- Rested on purpose
- Fresh air or daylight



Something to drink

Something to eat

Medication

Moved my body (any amount)

Rested on purpose

Fresh air or daylight

Rest I took

Rest is the treatment, not the reward.

Rest is the treatment, not the reward.

Symptoms & what I managed

Low-energy day 5

date

◀ Days

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Today is a low-energy day. That is information about your body, not a verdict on you.

This page asks for three things. Three is the whole list.

The one thing that must happen

Genuinely must. Not should.

One thing that would help me

A shower, a phone call, clean sheets.

One thing I am dropping

Write it down so it stops circling.

Body basics

- ☐
- Something to drink
- ☐
- Something to eat
- ☐
- Medication
- ☐
- Moved my body (any amount)
- ☐
- Rested on purpose
- ☐
- Fresh air or daylight

Rest I took

Rest is the treatment, not the reward.

Symptoms & what I managed

◀ Back

Next ▶

Low-energy day 6

date

◀ Days

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Today is a low-energy day. That is information about your body, not a verdict on you.

This page asks for three things. Three is the whole list.

The one thing that must happen

Genuinely must. Not should.

One thing that would help me

A shower, a phone call, clean sheets.

One thing I am dropping

Write it down so it stops circling.

Body basics

Something to drink

Something to eat

Medication

Moved my body (any amount)

Rested on purpose

Fresh air or daylight

Rest I took

Rest is the treatment, not the reward.

Symptoms & what I managed

◀ Back

Next ▶

Low-energy day 7

date

◀ Days

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Today is a low-energy day. That is information about your body, not a verdict on you.

This page asks for three things. Three is the whole list.

The one thing that must happen

Genuinely must. Not should.

One thing that would help me

A shower, a phone call, clean sheets.

One thing I am dropping

Write it down so it stops circling.

Body basics

- ☐
- Something to drink
-
- ☐
- Something to eat
-
- ☐
- Medication
-
- ☐
- Moved my body (any amount)
-
- ☐
- Rested on purpose
-
- ☐
- Fresh air or daylight

Rest I took

Rest is the treatment, not the reward.

Symptoms & what I managed

◀ Back

Next ▶

© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Today is a low-energy day. That is information about your body, not a verdict on you.

This page asks for three things. Three is the whole list.

Today is a low-energy day. That is information about your body, not a verdict on you.

This page asks for three things. Three is the whole list.

The one thing that must happen

Genuinely must. Not should.

The one thing that must happen

Genuinely must. Not should.

One thing that would help me

A shower, a phone call, clean sheets.

One thing that would help me

A shower, a phone call, clean sheets.

One thing I am dropping

Write it down so it stops circling.

One thing I am dropping

Write it down so it stops circling.

Body basics



- Something to drink
- Something to eat
- Medication
- Moved my body (any amount)
- Rested on purpose
- Fresh air or daylight

Body basics



- Something to drink
- Something to eat
- Medication
- Moved my body (any amount)
- Rested on purpose
- Fresh air or daylight

Body basics



- Something to drink
- Something to eat
- Medication
- Moved my body (any amount)
- Rested on purpose
- Fresh air or daylight

Body basics



- Something to drink
- Something to eat
- Medication
- Moved my body (any amount)
- Rested on purpose
- Fresh air or daylight

Body basics



- Something to drink
- Something to eat
- Medication
- Moved my body (any amount)
- Rested on purpose
- Fresh air or daylight

Body basics



- Something to drink
- Something to eat
- Medication
- Moved my body (any amount)
- Rested on purpose
- Fresh air or daylight

Body basics



- Something to drink
- Something to eat
- Medication
- Moved my body (any amount)
- Rested on purpose
- Fresh air or daylight

Body basics



- Something to drink
- Something to eat
- Medication
- Moved my body (any amount)
- Rested on purpose
- Fresh air or daylight

Rest I took

Rest is the treatment, not the reward.

Rest I took

Rest is the treatment, not the reward.

Symptoms & what I managed

Symptoms & what I managed

 **Back**

Next 



Low-energy day 9

date

◀ Days

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Today is a low-energy day. That is information about your body, not a verdict on you.

This page asks for three things. Three is the whole list.

The one thing that must happen

Genuinely must. Not should.

One thing that would help me

A shower, a phone call, clean sheets.

One thing I am dropping

Write it down so it stops circling.

Body basics

Something to drink

Something to eat

Medication

Moved my body (any amount)

Rested on purpose

Fresh air or daylight

Rest I took

Rest is the treatment, not the reward.

Symptoms & what I managed

◀ Back

Next ▶

Low-energy day 10

date

◀ Days

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Today is a low-energy day. That is information about your body, not a verdict on you.

This page asks for three things. Three is the whole list.

The one thing that must happen

Genuinely must. Not should.

One thing that would help me

A shower, a phone call, clean sheets.

One thing I am dropping

Write it down so it stops circling.

Body basics

Something to drink

Something to eat

Medication

Moved my body (any amount)

Rested on purpose

Fresh air or daylight

Rest I took

Rest is the treatment, not the reward.

Symptoms & what I managed

◀ Back

Next ▶

Recovery day 1

date

◀ Days

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Nothing is required of you today.

This page exists so a crash still gets recorded without costing you anything. Tick what happened. Leave the rest.

Did happen

- ☐
- Drank something

☐☐☐☐

Do not do today

Permission slip. Write the things and let them go.

What I need from other people

Specific asks are easier for people to say yes to.

What set this off, if I know

Useful later. Not your fault now.

◀ Back

Next ▶

Recovery day 2

date

◀ Days

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Nothing is required of you today.

This page exists so a crash still gets recorded without costing you anything. Tick what happened. Leave the rest.

Did happen

☐
☐
☐
☐
☐

Drank something

Ate something

Took medication

Slept or lay down

Told someone how I am

What I need from other people

Specific asks are easier for people to say yes to.

Do not do today

Permission slip. Write the things and let them go.

What set this off, if I know

Useful later. Not your fault now.

◀ Back

Next ▶

Recovery day 3

date

◀ Days

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Nothing is required of you today.

This page exists so a crash still gets recorded without costing you anything. Tick what happened. Leave the rest.

Did happen

☐
☐
☐
☐
☐

Drank something

Ate something

Took medication

Slept or lay down

Told someone how I am

What I need from other people

Specific asks are easier for people to say yes to.

Do not do today

Permission slip. Write the things and let them go.

What set this off, if I know

Useful later. Not your fault now.

◀ Back

Next ▶

Recovery day 4

date

◀ Days

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Nothing is required of you today.

This page exists so a crash still gets recorded without costing you anything. Tick what happened. Leave the rest.

Did happen

☐
☐
☐
☐
☐

Drank something

Ate something

Took medication

Slept or lay down

Told someone how I am

What I need from other people

Specific asks are easier for people to say yes to.

Do not do today

Permission slip. Write the things and let them go.

What set this off, if I know

Useful later. Not your fault now.

◀ Back

Next ▶

Energy & Pacing

For anyone whose battery does not recharge overnight.

My energy budget

What each level costs you

Pacing plan

Baseline, ceiling, warning signs

Crash & flare plan

Written while you are well

Monthly energy logs

One page per month. A dot a day builds a picture no one can argue with.

Month 1

Month 2

Month 3

Month 4

Month 5

Month 6

Month 7

Month 8

Month 9

Month 10

Month 11

Month 12

If today is hard:

Brain dump

Bare minimum

Overwhelm plan

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

My energy budget

Sort your own life into three costs. Only you know which is which.

◀ Energy

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

LOW COST

Things I can usually do even on a bad day.

MEDIUM COST

Doable, but I will feel it. Needs recovery after.

HIGH COST

Costs me the next day or more. Needs planning and permission.

Why the words and not just colours

Each column is labelled in text as well as being a different colour, so this page still works if you are colour blind, if you print it in greyscale, or if you use a dark-mode filter that flattens the palette.

◀ Back

Next ▶

Pacing plan

The aim is a boring, repeatable amount - not your best day ever.

◀ Energy

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

My baseline

What I can do on an average day WITHOUT paying for it tomorrow.

My ceiling

The point where I start borrowing from tomorrow.

Early warning signs

The signals I usually ignore. Ask someone who knows me.

My pacing rules

e.g. rest before I need it. Break tasks at 20 minutes. One big thing per day.

◀ Back

Next ▶

Crash & flare plan

Write this on a good day. Your bad-day brain should not have to problem-solve.

◀ Energy

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

It is starting when...

First signs, in my words.

What reliably helps

Be specific. 'Rest' is not instructions.

What makes it worse

Including things people offer with good intentions.

Who I tell, and what I say

What gets cancelled first

What I need people to NOT say

◀ Back

Next ▶

Energy log - month 1

One dot a day. Join them up at the end of the month.

◀ Energy

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
5																															
4																															
3																															
2																															
1																															

5 = a good day . 1 = could not function

Sleep (hours)

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Pain 0-10

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Rest taken

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Patterns I notice

Anything that keeps showing up.

◀ Back

Next ▶

Energy log - month 2

One dot a day. Join them up at the end of the month.

◀ Energy

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
5																															
4																															
3																															
2																															
1																															

5 = a good day . 1 = could not function

Sleep (hours)

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Pain 0-10

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Rest taken

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Patterns I notice

Anything that keeps showing up.

◀ Back

Next ▶

Energy log - month 3

One dot a day. Join them up at the end of the month.

◀ Energy

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
5																															
4																															
3																															
2																															
1																															

5 = a good day . 1 = could not function

Sleep (hours)

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Pain 0-10

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Rest taken

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Patterns I notice

Anything that keeps showing up.

◀ Back

Next ▶

Energy log - month 4

One dot a day. Join them up at the end of the month.

◀ Energy

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
5																															
4																															
3																															
2																															
1																															

5 = a good day . 1 = could not function

Sleep (hours)

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Pain 0-10

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Rest taken

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Patterns I notice

Anything that keeps showing up.

◀ Back

Next ▶

Energy log - month 5

One dot a day. Join them up at the end of the month.

◀ Energy

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
5																															
4																															
3																															
2																															
1																															

5 = a good day . 1 = could not function

Sleep (hours)

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Pain 0-10

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Rest taken

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Patterns I notice

Anything that keeps showing up.

◀ Back

Next ▶

Energy log - month 6

One dot a day. Join them up at the end of the month.

◀ Energy

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
5																															
4																															
3																															
2																															
1																															

5 = a good day . 1 = could not function

Sleep (hours)

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Pain 0-10

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Rest taken

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Patterns I notice

Anything that keeps showing up.

◀ Back

Next ▶

Energy log - month 7

One dot a day. Join them up at the end of the month.

◀ Energy

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
5																															
4																															
3																															
2																															
1																															

5 = a good day . 1 = could not function

Sleep (hours)

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Pain 0-10

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Rest taken

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Patterns I notice

Anything that keeps showing up.

◀ Back

Next ▶

Energy log - month 8

One dot a day. Join them up at the end of the month.

◀ Energy

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
5																															
4																															
3																															
2																															
1																															

5 = a good day . 1 = could not function

Sleep (hours)

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Pain 0-10

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Rest taken

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Patterns I notice

Anything that keeps showing up.

◀ Back

Next ▶

Energy log - month 9

One dot a day. Join them up at the end of the month.

◀ Energy

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
5																															
4																															
3																															
2																															
1																															

5 = a good day . 1 = could not function

Sleep (hours)

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Pain 0-10

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Rest taken

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Patterns I notice

Anything that keeps showing up.

◀ Back

Next ▶

Energy log - month 10

One dot a day. Join them up at the end of the month.

◀ Energy

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
5																															
4																															
3																															
2																															
1																															

5 = a good day . 1 = could not function

Sleep (hours)

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Pain 0-10

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Rest taken

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Patterns I notice

Anything that keeps showing up.

◀ Back

Next ▶

Energy log - month 11

One dot a day. Join them up at the end of the month.

◀ Energy

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
5																															
4																															
3																															
2																															
1																															

5 = a good day . 1 = could not function

Sleep (hours)

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Pain 0-10

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Rest taken

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Patterns I notice

Anything that keeps showing up.

◀ Back

Next ▶

Energy log - month 12

One dot a day. Join them up at the end of the month.

◀ Energy

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
5																															
4																															
3																															
2																															
1																															

5 = a good day . 1 = could not function

Sleep (hours)

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Pain 0-10

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Rest taken

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Patterns I notice

Anything that keeps showing up.

◀ Back

Next ▶

Health & Appointments

Evidence you can hand over, and pages that make appointments less awful.

Health passport

Who I am, what I need

Care & support team

Everyone involved, in one place

Medication list

Names, doses, why

Appointment log

What was said, what happens next

Symptom trackers

1

2

3

4

5

6

7

8

9

10

11

12

Appointment prep

1

2

3

4

5

6

Sleep & rest logs

1

2

3

4

5

6

Medication grids

1

2

If today is hard:

Brain dump

Bare minimum

Overwhelm plan

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Health passport (1 of 2)

So you never have to explain it from scratch when you are least able to.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Name, and what I like to be called

Conditions & diagnoses

Medication & allergies

How I communicate best

Things that are hard for me in clinical settings

Adjustments that help

◀ Back

Next ▶

Health passport (2 of 2)

For the days when speaking is not available to you.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

If I cannot speak or answer questions

How I will let you know. Cards, typing, yes/no signals.

Signs I am in distress or shutting down

What it looks like from the outside.

What helps me

Lower the lights. Fewer people. Give me time. Be specific.

What makes it worse

Touch, raised voices, being rushed, being asked repeatedly.

◀ Back

Next ▶

Care & support team

Everyone involved, and what each is actually for.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Name	Role / service	Contact	What they deal with

Keeping this current is a small job that saves a very large one later.

◀ Back

Next ▶

Medication & supplements

The list you get asked for at every single appointment.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

What	Dose	When	What it is for	Started	Notes / side effects

◀ Back

Next ▶

Medication grid 1

Tick as you take. Blank squares are information, not failure.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

medication																															

Notes

◀ Back

Next ▶

Medication grid 2

Tick as you take. Blank squares are information, not failure.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

medication																																

Notes

◀ Back

Next ▶

Appointment log 1

What was said, and what is supposed to happen next.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Date

Who / service

Why

What was said

What happens next, and who does it

Date

Who / service

Why

What was said

What happens next, and who does it

Date

Who / service

Why

What was said

What happens next, and who does it

◀ Back

Next ▶

Appointment log 2

What was said, and what is supposed to happen next.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Date

Who / service

Why

What was said

What happens next, and who does it

Date

Who / service

Why

What was said

What happens next, and who does it

Date

Who / service

Why

What was said

What happens next, and who does it

◀ Back

Next ▶

Appointment log 3

What was said, and what is supposed to happen next.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Date

Who / service

Why

What was said

What happens next, and who does it

Date

Who / service

Why

What was said

What happens next, and who does it

Date

Who / service

Why

What was said

What happens next, and who does it

◀ Back

Next ▶

Appointment log 4

What was said, and what is supposed to happen next.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Date

Who / service

Why

What was said

What happens next, and who does it

Date

Who / service

Why

What was said

What happens next, and who does it

Date

Who / service

Why

What was said

What happens next, and who does it

◀ Back

Next ▶

Appointment prep 1

Ten minutes with this beforehand is worth twenty in the room.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

What I need them to understand

The thing you will kick yourself for not saying. Put it first.

What they said

Write it in the car park, not tomorrow.

◀ Back

My questions

Numbered, so you can point at them.

1.

2.

3.

4.

5.

Agreed next steps - and who is doing them

If nobody was named, nobody is doing it.

Next ▶

Appointment prep 2

Ten minutes with this beforehand is worth twenty in the room.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

What I need them to understand

The thing you will kick yourself for not saying. Put it first.

What they said

Write it in the car park, not tomorrow.

◀ Back

My questions

Numbered, so you can point at them.

1.

2.

3.

4.

5.

Agreed next steps - and who is doing them

If nobody was named, nobody is doing it.

Next ▶

Appointment prep 3

Ten minutes with this beforehand is worth twenty in the room.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

What I need them to understand

The thing you will kick yourself for not saying. Put it first.

What they said

Write it in the car park, not tomorrow.

My questions

Numbered, so you can point at them.

1.

2.

3.

4.

5.

Agreed next steps - and who is doing them

If nobody was named, nobody is doing it.

◀ Back

Next ▶

Appointment prep 4

Ten minutes with this beforehand is worth twenty in the room.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

What I need them to understand

The thing you will kick yourself for not saying. Put it first.

What they said

Write it in the car park, not tomorrow.

My questions

Numbered, so you can point at them.

1.

2.

3.

4.

5.

Agreed next steps - and who is doing them

If nobody was named, nobody is doing it.

◀ Back

Next ▶

Appointment prep 5

Ten minutes with this beforehand is worth twenty in the room.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

What I need them to understand

The thing you will kick yourself for not saying. Put it first.

What they said

Write it in the car park, not tomorrow.

◀ Back

My questions

Numbered, so you can point at them.

1.

2.

3.

4.

5.

Agreed next steps - and who is doing them

If nobody was named, nobody is doing it.

Next ▶

Appointment prep 6

Ten minutes with this beforehand is worth twenty in the room.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

What I need them to understand

The thing you will kick yourself for not saying. Put it first.

What they said

Write it in the car park, not tomorrow.

◀ Back

My questions

Numbered, so you can point at them.

1.

2.

3.

4.

5.

Agreed next steps - and who is doing them

If nobody was named, nobody is doing it.

Next ▶

Sleep & rest log 1

Not to optimise your sleep. Just so you can see it.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Day	To bed	Asleep approx	Woke	Up	Naps / rest	How I felt (1-5)	Anything worth noting

◀ Back

Next ▶

Sleep & rest log 2

Not to optimise your sleep. Just so you can see it.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Day	To bed	Asleep approx	Woke	Up	Naps / rest	How I felt (1-5)	Anything worth noting

◀ Back

Next ▶

Sleep & rest log 3

Not to optimise your sleep. Just so you can see it.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Day	To bed	Asleep approx	Woke	Up	Naps / rest	How I felt (1-5)	Anything worth noting

◀ Back

Next ▶

Sleep & rest log 4

Not to optimise your sleep. Just so you can see it.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Day	To bed	Asleep approx	Woke	Up	Naps / rest	How I felt (1-5)	Anything worth noting

◀ Back

Next ▶

Sleep & rest log 5

Not to optimise your sleep. Just so you can see it.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Day	To bed	Asleep approx	Woke	Up	Naps / rest	How I felt (1-5)	Anything worth noting

◀ Back

Next ▶

Sleep & rest log 6

Not to optimise your sleep. Just so you can see it.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Day	To bed	Asleep approx	Woke	Up	Naps / rest	How I felt (1-5)	Anything worth noting

◀ Back

Next ▶

Symptom tracker - month 1

Write your own symptoms down the side. Shade each day 0 to 3.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

symptom																															

Scale 0 none 1 there, but I can work around it 2 limiting what I do 3 the main thing happening today

Anything else going on this month

Weather, work, sleep, a bug going round - context makes the pattern readable later.

◀ Back

Next ▶

Symptom tracker - month 2

Write your own symptoms down the side. Shade each day 0 to 3.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

symptom																																

Scale 0 none 1 there, but I can work around it 2 limiting what I do 3 the main thing happening today

Anything else going on this month

Weather, work, sleep, a bug going round - context makes the pattern readable later.

◀ Back

Next ▶

© 2015 Pearson Education, Inc. or its affiliate(s). All rights reserved.

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----

0

1

2

3

Anything else going on this month

Weather, work, sleep, a bug going round - context makes the pattern readable later.

Next

Symptom tracker - month 4

Write your own symptoms down the side. Shade each day 0 to 3.

Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Scale

0

none

1

there, but I can work around it

2

limiting what I do

3

the main thing happening today

Anything else going on this month

Weather, work, sleep, a bug going round - context makes the pattern readable later.

 Back

Next



Symptom tracker - month 5

Write your own symptoms down the side. Shade each day 0 to 3.

Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

symptom

Scale

0 none

1 there, but I can work around it

2 limiting what I do

3 the main thing happening today

Anything else going on this month

Weather, work, sleep, a bug going round - context makes the pattern readable later.

 **Back**

Next



Symptom tracker - month 6

Write your own symptoms down the side. Shade each day 0 to 3.

Health

Home

Year

Month

Week

Dav

Energ

Health

Tools

Notes

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----

symptom

Scale

☐ none

1 there, but I can work around it

2 limiting what I do

3 the main thing happening today

Anything else going on this month

Weather, work, sleep, a bug going round - context makes the pattern readable later.

 **Back**

Next



Symptom tracker - month 7

Write your own symptoms down the side. Shade each day 0 to 3.

Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

symptom

Scale

0	none
---	------

1 there, but I can work around it

2 limiting what I do

3 the main thing happening today

Anything else going on this month

Weather, work, sleep, a bug going round - context makes the pattern readable later.

 Back

Next



Symptom tracker - month 8

Write your own symptoms down the side. Shade each day 0 to 3.

Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

symptom																															

Scale 0 none 1 there, but I can work around it 2 limiting what I do 3 the main thing happening today

Anything else going on this month

Weather, work, sleep, a bug going round - context makes the pattern readable later.

Back

Next

Symptom tracker - month 9

Write your own symptoms down the side. Shade each day 0 to 3.

Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Scale

0

none

1

there, but I can work around it

2

limiting what I do

3

the main thing happening today

Anything else going on this month

Weather, work, sleep, a bug going round - context makes the pattern readable later.

 **Back**

Next



Symptom tracker - month 10

Write your own symptoms down the side. Shade each day 0 to 3.

 Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Scale

0 none

1 there, but I can work around it

2 limiting what I do

3 the main thing happening today

Anything else going on this month

Weather, work, sleep, a bug going round - context makes the pattern readable later.

 Back

Next

Symptom tracker - month 11

Write your own symptoms down the side. Shade each day 0 to 3.

◀ Health

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

symptom																															

Scale 0 none 1 there, but I can work around it 2 limiting what I do 3 the main thing happening today

Anything else going on this month

Weather, work, sleep, a bug going round - context makes the pattern readable later.

◀ Back

Next ▶

Symptom tracker - month 12

Write your own symptoms down the side. Shade each day 0 to 3.

Health

Home

Year

Month

Week

Dav

Energy

Health

Tools

Notes

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----

symptom

Scale

☐ none

1 there, but I can work around it

2 limiting what I do

3 the main thing happening today

Anything else going on this month

Weather, work, sleep, a bug going round - context makes the pattern readable later.

 **Back**

Next



Support Tools

The pages for when the planning is not the hard part.

Brain dump
Empty your head onto paper

Break it down
One task, turned into steps

Bare minimum day
The floor, written in advance

Overwhelm plan
Made earlier, for later

One-off pages

Motivation menu

Sensory menu

Morning routine

Evening routine

Saying no

Access card

Decision helper

Focus sessions

Wins & evidence

More brain dumps

1

2

3

4

5

6

7

8

More breakdowns

1

2

3

4

5

6

7

8

If today is hard:

Brain dump

Bare minimum

Overwhelm plan

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Actually needs doing

And roughly when.

Someone else's, or nobody's

Give it away or let it go.

Just noise

Feelings, worries, half-thoughts. Valid, not tasks.

Next 



Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Actually needs doing

And roughly when.

Someone else's, or nobody's

Give it away or let it go.

Just noise

Feelings, worries, half-thoughts. Valid, not tasks.

Next 

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Actually needs doing

And roughly when.

Someone else's, or nobody's

Give it away or let it go.

Just noise

Feelings, worries, half-thoughts. Valid, not tasks.



© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Actually needs doing

And roughly when.

Someone else's, or nobody's

Give it away or let it go.

Just noise

Feelings, worries, half-thoughts. Valid, not tasks.

Next 

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Actually needs doing

And roughly when.

Someone else's, or nobody's

Give it away or let it go.

Just noise

Feelings, worries, half-thoughts. Valid, not tasks.

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Actually needs doing

And roughly when.

Someone else's, or nobody's

Give it away or let it go.

Just noise

Feelings, worries, half-thoughts. Valid, not tasks.

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Actually needs doing

And roughly when.

Someone else's, or nobody's

Give it away or let it go.

Just noise

Feelings, worries, half-thoughts. Valid, not tasks.



Brain dump 8

Get it out of your head first. Sorting comes after, or never.



Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Everything, in any order, no sentences needed

.....

.....

.....

.....

Actually needs doing

And roughly when.

.....

.....

.....

.....

.....

.....

.....

Someone else's, or nobody's

Give it away or let it go.

.....

.....

.....

.....

.....

.....

.....

Just noise

Feelings, worries, half-thoughts. Valid, not tasks.

.....

.....

.....

.....

.....

.....

.....



Back

Next



Break it down 1

For the task you keep walking past. Steps small enough to be boring.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The thing I am avoiding

What is actually in the way

Boredom, fear, not knowing step one, a phone call, no clean spoons.

The very first physical step

Something you could do in two minutes without deciding anything.

Then, in order

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

◀ Back

Next ▶

Break it down 2

For the task you keep walking past. Steps small enough to be boring.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The thing I am avoiding

What is actually in the way

Boredom, fear, not knowing step one, a phone call, no clean spoons.

The very first physical step

Something you could do in two minutes without deciding anything.

Then, in order

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

◀ Back

Next ▶

Break it down 3

For the task you keep walking past. Steps small enough to be boring.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The thing I am avoiding

What is actually in the way

Boredom, fear, not knowing step one, a phone call, no clean spoons.

The very first physical step

Something you could do in two minutes without deciding anything.

Then, in order

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

◀ Back

Next ▶

Break it down 4

For the task you keep walking past. Steps small enough to be boring.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The thing I am avoiding

What is actually in the way

Boredom, fear, not knowing step one, a phone call, no clean spoons.

The very first physical step

Something you could do in two minutes without deciding anything.

Then, in order

☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____

◀ Back

Next ▶

Break it down 5

For the task you keep walking past. Steps small enough to be boring.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The thing I am avoiding

What is actually in the way

Boredom, fear, not knowing step one, a phone call, no clean spoons.

The very first physical step

Something you could do in two minutes without deciding anything.

Then, in order

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

◀ Back

Next ▶

Break it down 6

For the task you keep walking past. Steps small enough to be boring.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The thing I am avoiding

What is actually in the way

Boredom, fear, not knowing step one, a phone call, no clean spoons.

The very first physical step

Something you could do in two minutes without deciding anything.

Then, in order

☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____

◀ Back

Next ▶

Break it down 7

For the task you keep walking past. Steps small enough to be boring.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The thing I am avoiding

What is actually in the way

Boredom, fear, not knowing step one, a phone call, no clean spoons.

The very first physical step

Something you could do in two minutes without deciding anything.

Then, in order

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

◀ Back

Next ▶

Break it down 8

For the task you keep walking past. Steps small enough to be boring.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

The thing I am avoiding

What is actually in the way

Boredom, fear, not knowing step one, a phone call, no clean spoons.

The very first physical step

Something you could do in two minutes without deciding anything.

Then, in order

☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____

◀ Back

Next ▶

Bare minimum day

Decide the floor now, while you can think. Then it is already decided.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

On a bare minimum day I will:

Five things at most. Keep them small enough to be possible on the worst day you have had.

☐

☐

☐

☐

☐

And that is a complete day.

Write yourself the sentence you will need to read.

What gets dropped without discussion

Deciding this in advance means not having to negotiate with yourself at 3pm.

◀ Back

Next ▶

Overwhelm plan

Written by you, on a decent day, for you, on a bad one.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Early signs

The ones you notice first, before it is obvious to anyone else.

Later signs

When it is already happening.

Shutdown or meltdown

What it looks like at its worst.

What I do at each stage

What I want others to do

Afterwards, be kind

◀ Back

Next ▶

Motivation menu

A list you make once, for the moments when you cannot think of a single thing.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Gets me started

Music, a timer, someone else in the room, putting shoes on.

Gets me through

Podcast, fidget, standing up, splitting it into ten-minute pieces.

Makes it worth it

Genuinely enjoyable, not 'productive'. Small and immediate beats big and later.

Things that look like rest but are not

Doomscrolling, half-watching something while feeling guilty. Name them, no shame attached.

◀ Back

Next ▶

Sensory menu

What your nervous system is asking for, sorted so you do not have to work it out mid-overload.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

TOO MUCH - I need less

Turn down, cover up, get out.

Sound

Light & sight

Touch

Smell & taste

Movement

Body

TOO LITTLE - I need more

Pressure, movement, texture, strong flavours.

Sound

Light & sight

Touch

Smell & taste

Movement

Body

My reset kit

The actual objects. Where they live, so somebody else could fetch them.

◀ Back

Next ▶

Morning routine

Same order every time means fewer decisions. Write it once, follow it forever.

Start with what your body needs, not with your phone. Put the un-skippable things first so momentum carries the rest.

Steps

☐

☐

☐

☐

☐

☐

☐

If I only manage three, these are the three

☐

☐

☐

What usually derails it, and the workaround

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

◀ Back

Next ▶

Evening routine

Same order every time means fewer decisions. Write it once, follow it forever.

Tomorrow-you is a different person with different resources. This is the one time you can do them a favour.

Steps

☐

☐

☐

☐

☐

☐

☐

If I only manage three, these are the three

☐

☐

☐

What usually derails it, and the workaround

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

◀ Back

Next ▶

Saying no

Scripts you can read aloud, so you do not have to compose one under pressure.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Things I say yes to and regret

The pattern is usually obvious once it is written down.

What saying yes actually costs me

In hours, and in days afterwards.

My phrases, word for word

'I can't take that on right now.' *'Let me come back to you tomorrow.'*
'That doesn't work for me.'

Who I can ask for backup

And what I want them to say.

◀ Back

Next ▶

Access card

Fill it in, screenshot it, keep it on your lock screen. Show it instead of explaining.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

I may need a moment

For when you need people to slow down.

I am

I find it hard to

It would help if you

You can contact

Please can you help

For when you need something specific done.

What I need

What I do not need

How to talk to me

If I stop responding

Two versions on purpose. Cut them out if you print this, or photograph the one you use most and set it as a widget.

People who already know, and do not need the card

◀ Back

Next ▶

Decision helper 1

For when the deciding is costing more than either option.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

What I am deciding

Option A

What it gives me

What it costs me (including energy)

Option B

What it gives me

What it costs me (including energy)

Deadline, and what happens if I do not choose

Sometimes the honest answer is 'nothing much', which is worth knowing.

◀ Back

Next ▶

Decision helper 2

For when the deciding is costing more than either option.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

What I am deciding

Option A

What it gives me

What it costs me (including energy)

Option B

What it gives me

What it costs me (including energy)

Deadline, and what happens if I do not choose

Sometimes the honest answer is 'nothing much', which is worth knowing.

◀ Back

Next ▶

Decision helper 3

For when the deciding is costing more than either option.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

What I am deciding

Option A

What it gives me

What it costs me (including energy)

Option B

What it gives me

What it costs me (including energy)

Deadline, and what happens if I do not choose

Sometimes the honest answer is 'nothing much', which is worth knowing.

◀ Back

Next ▶

Focus sessions 1

Short bursts, logged. Also works as a body-doubling record.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Task	Start	Stop	Actually focused for	What helped or got in the way

Session length that seems to suit me today

It changes. That is allowed.

◀ Back

Next ▶

Focus sessions 2

Short bursts, logged. Also works as a body-doubling record.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Task	Start	Stop	Actually focused for	What helped or got in the way

Session length that seems to suit me today

It changes. That is allowed.

◀ Back

Next ▶

Focus sessions 3

Short bursts, logged. Also works as a body-doubling record.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Task	Start	Stop	Actually focused for	What helped or got in the way

Session length that seems to suit me today

It changes. That is allowed.

◀ Back

Next ▶

Focus sessions 4

Short bursts, logged. Also works as a body-doubling record.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Task	Start	Stop	Actually focused for	What helped or got in the way

Session length that seems to suit me today

It changes. That is allowed.

◀ Back

Next ▶

Wins & evidence 1

Because you will not remember any of this by Friday, and it is useful at appointments.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Things I did

Including the ones that were only hard for you. Those count double.

Things that were harder than they should be

Evidence for a referral, an adjustment, a form, or an argument.

What I would tell a friend who had this week

Then read it back to yourself, in the same tone.

◀ Back

Next ▶

Wins & evidence 2

Because you will not remember any of this by Friday, and it is useful at appointments.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Things I did

Including the ones that were only hard for you. Those count double.

Things that were harder than they should be

Evidence for a referral, an adjustment, a form, or an argument.

What I would tell a friend who had this week

Then read it back to yourself, in the same tone.

◀ Back

Next ▶

Wins & evidence 3

Because you will not remember any of this by Friday, and it is useful at appointments.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Things I did

Including the ones that were only hard for you. Those count double.

Things that were harder than they should be

Evidence for a referral, an adjustment, a form, or an argument.

What I would tell a friend who had this week

Then read it back to yourself, in the same tone.

◀ Back

Next ▶

Wins & evidence 4

Because you will not remember any of this by Friday, and it is useful at appointments.

◀ Support Tools

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Things I did

Including the ones that were only hard for you. Those count double.

Things that were harder than they should be

Evidence for a referral, an adjustment, a form, or an argument.

What I would tell a friend who had this week

Then read it back to yourself, in the same tone.

◀ Back

Next ▶

Notes

Wide lines, soft rules, plenty of room.

Lined

Extra-wide ruling for stylus handwriting

1

2

3

4

5

6

7

8

9

10

11

12

Dot grid

Diagrams, mind maps, lists that wander

1

2

3

4

5

6

7

8

9

10

Blank

No structure at all

1

2

3

4

5

6

Structured

Notes, questions and actions, split up

1

2

3

4

If today is hard:

Brain dump

Bare minimum

Overwhelm plan

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Lined notes 1

subject / date

◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

◀ Back

Next ▶

Notes

Lined notes 2

subject / date

◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

◀ Back

Next ▶

Notes

Lined notes 3

subject / date

◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

◀ Back

Next ▶

Notes

Lined notes 4

subject / date

◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

◀ Back

Next ▶

Notes

Lined notes 5

subject / date

◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

◀ Back

Next ▶

Notes

Lined notes 6

subject / date

◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

◀ Back

Next ▶

Lined notes 7

subject / date

◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

◀ Back

Next ▶

Notes

Lined notes 8

subject / date

◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

◀ Back

Next ▶

Lined notes 9

subject / date

◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

◀ Back

Next ▶

Notes

Lined notes 10

subject / date

◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

◀ Back

Next ▶

Lined notes 11

subject / date

◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

◀ Back

Next ▶

Lined notes 12

subject / date

◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

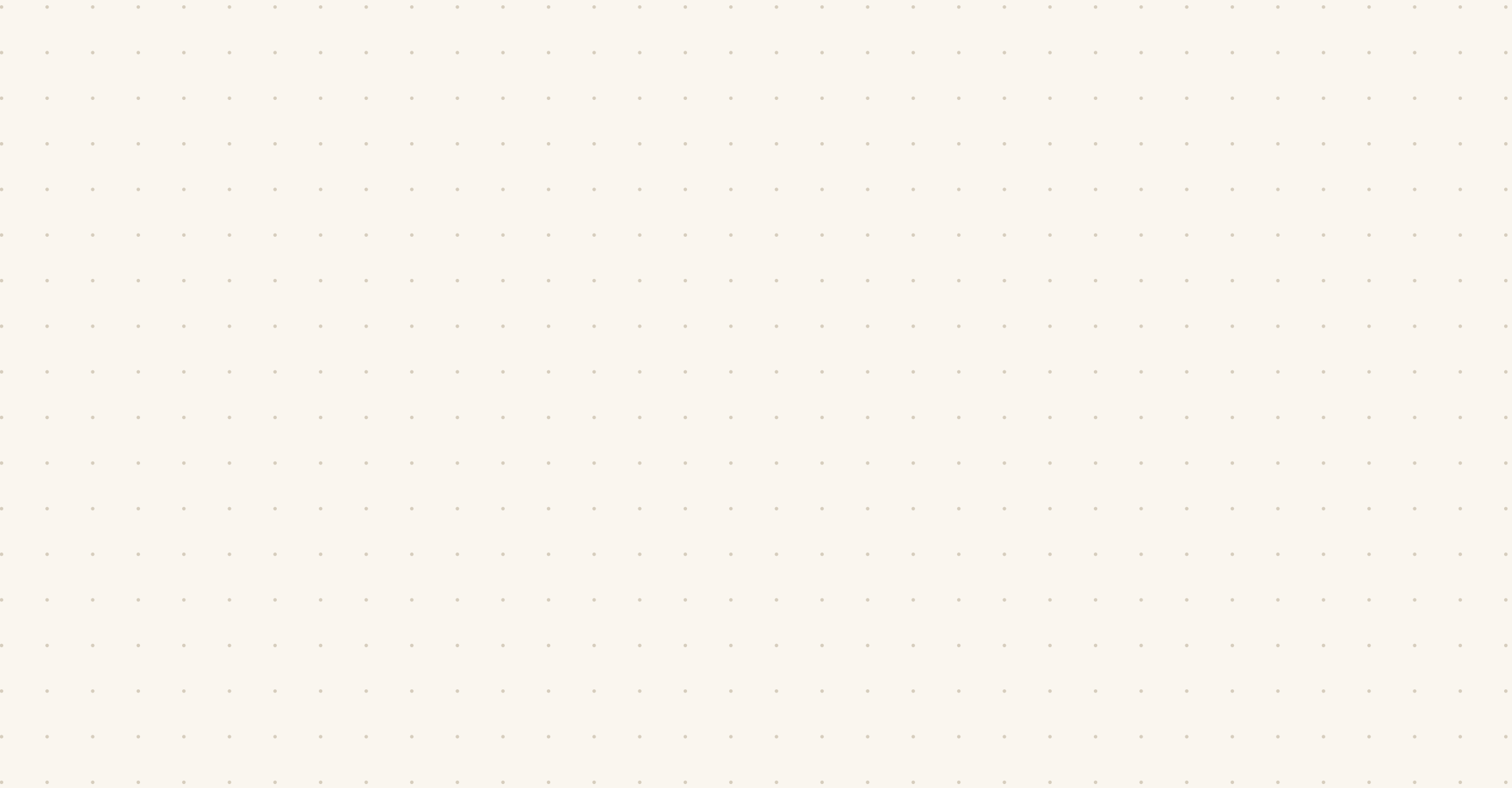
Notes

◀ Back

Contents ▶

Dot grid 1

subject / date



◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

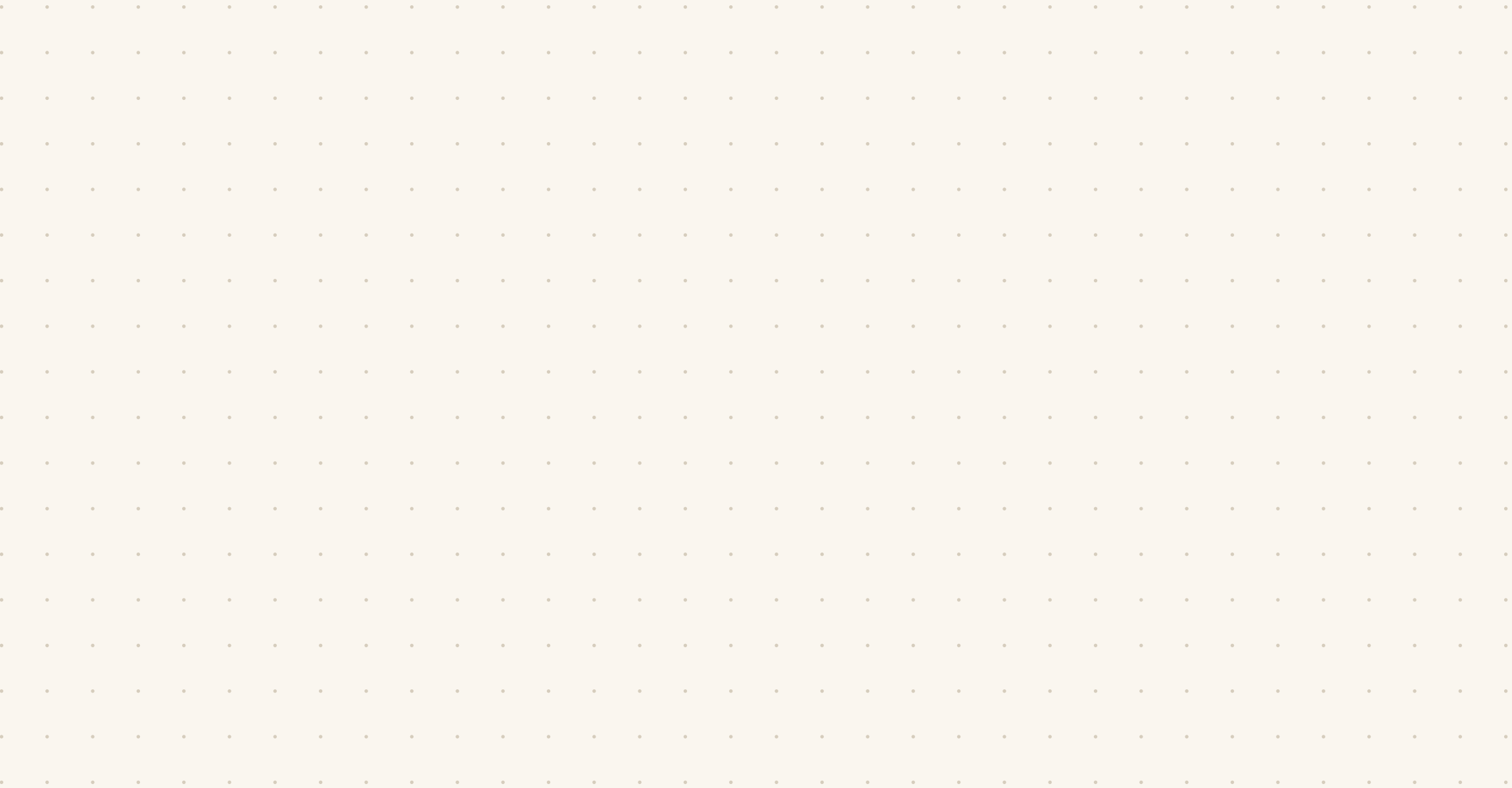
◀ Back

Next ▶

Notes

Dot grid 2

subject / date



◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

◀ Back

Next ▶

Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

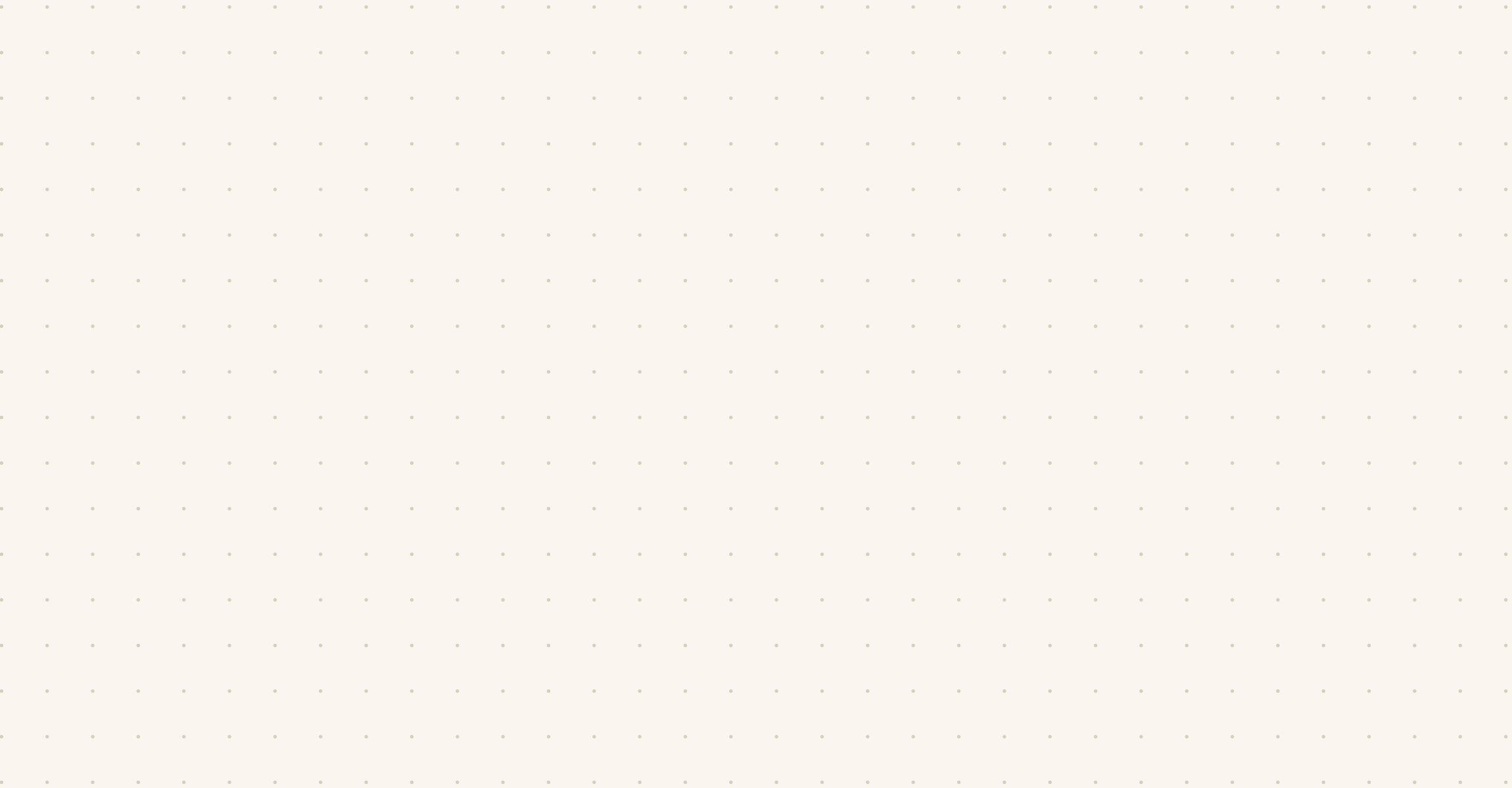
Notes

Next 



Dot grid 4

subject / date



◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

◀ Back

Next ▶

Notes

Home

Year

Month

Neek

Day

Energy

Health

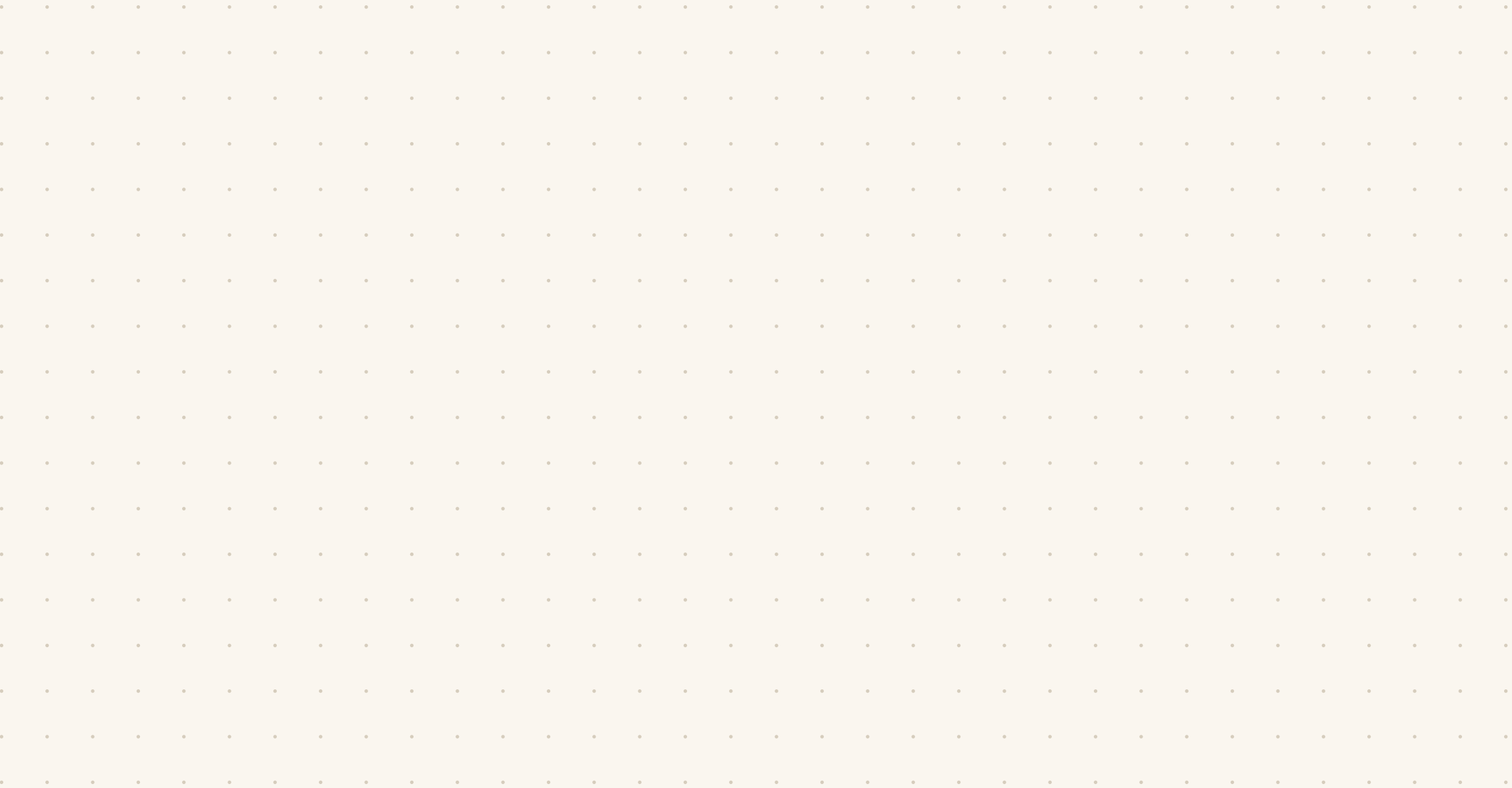
Tools

Notes



Dot grid 6

subject / date



◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

◀ Back

Next ▶

Notes

Dot grid 7

subject / date

◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

◀ Back

Next ▶

Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

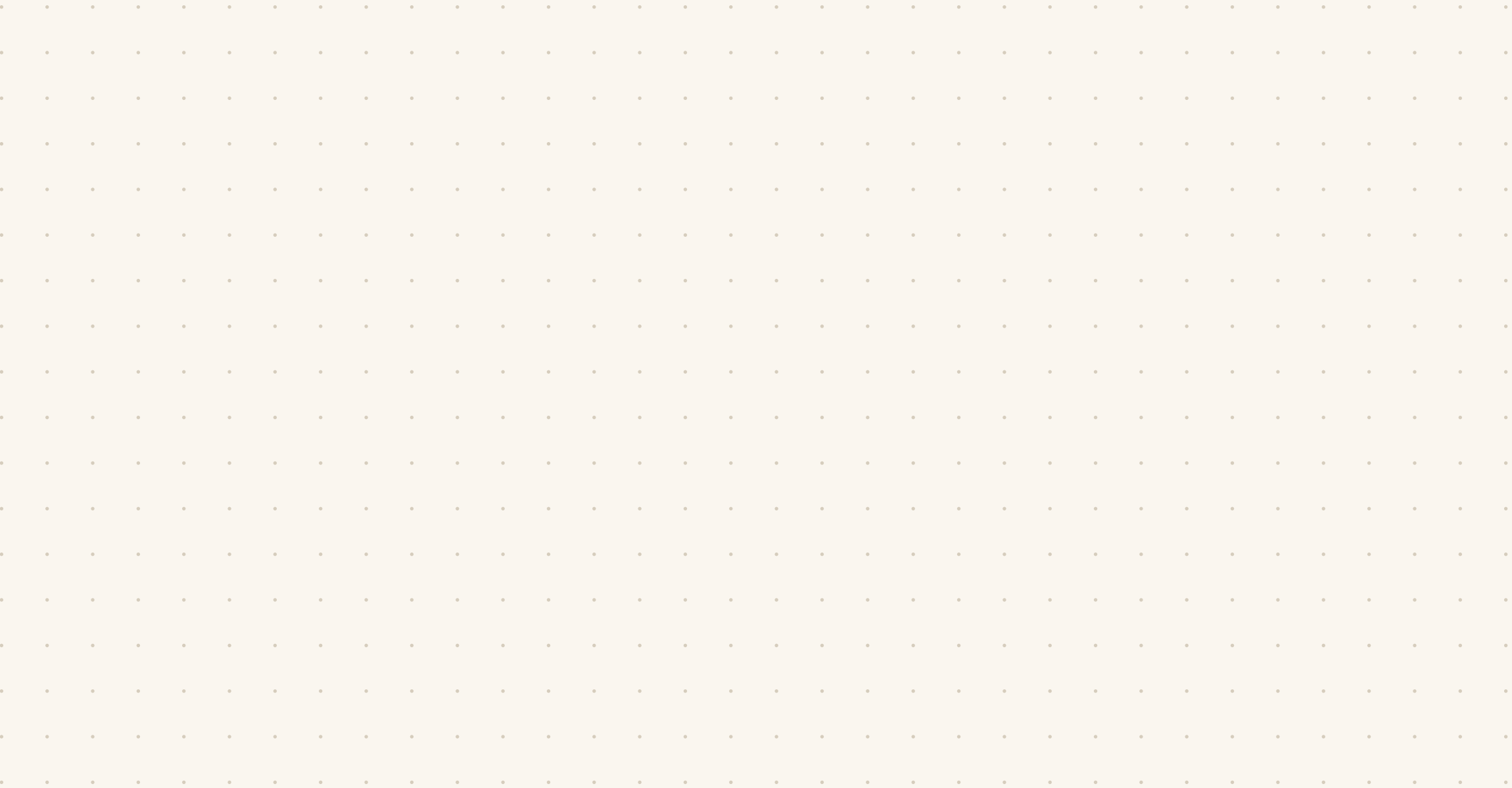
Notes

Next 



Dot grid 9

subject / date



◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

◀ Back

Next ▶

Notes

Dot grid 10

subject / date

◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

◀ Back

Contents ▶

Notes

Blank page 1

subject / date

◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

◀ Back

Next ▶

Notes

Blank page 2

subject / date

◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

◀ Back

Next ▶

Notes

Blank page 3

subject / date

◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

◀ Back

Next ▶

Notes

Blank page 4

subject / date

◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

◀ Back

Next ▶

Notes

Blank page 5

subject / date

◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

◀ Back

Next ▶

Notes

Blank page 6

subject / date

◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

◀ Back

Contents ▶

Structured notes 1

subject / date

◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Questions & cues

Notes

So what do I actually do next?

◀ Back

Next ▶

Structured notes 2

subject / date

◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Questions & cues

Notes

So what do I actually do next?

◀ Back

Next ▶

Structured notes 3

subject / date

◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Questions & cues

Notes

So what do I actually do next?

◀ Back

Next ▶

Structured notes 4

subject / date

◀ Notes

Home

Year

Month

Week

Day

Energy

Health

Tools

Notes

Questions & cues

Notes

So what do I actually do next?

◀ Back

Contents ▶