

# Spoonie Wellness Planner & Journal



# Introduction

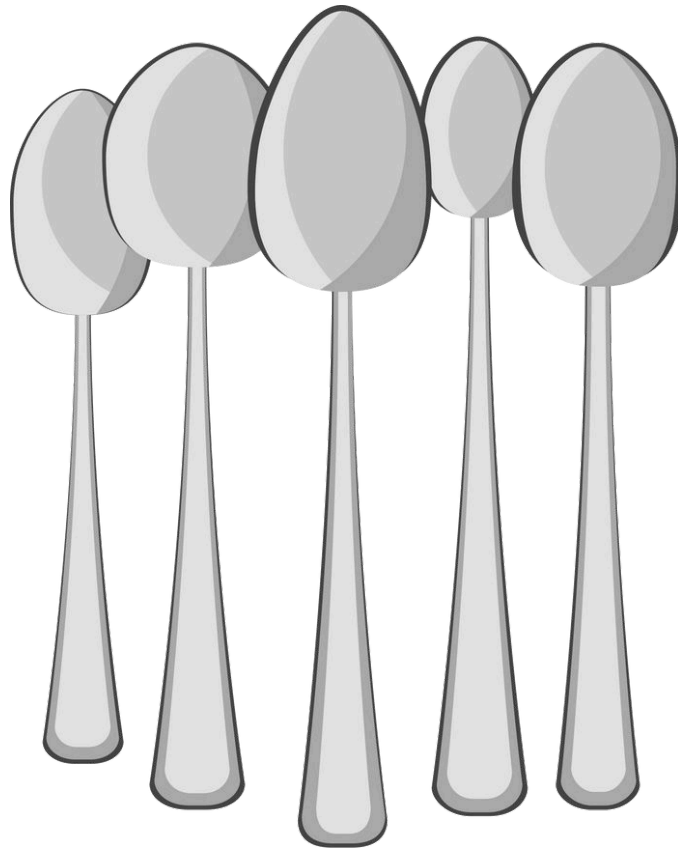
As someone living with a chronic illness, I've always found it challenging to explain to others how my energy levels can drastically fluctuate and limit my daily activities. That's why I decided to create a journal specifically designed for people like me, for "spoonies" who navigate life with an energy budget that's often hard to predict and manage.

The inspiration for this journal stems from the Spoon Theory, a concept I discovered a few years ago. It resonated deeply with me. The theory equates our daily energy reserves to a limited number of spoons. Each task we undertake, no matter how small, costs us a spoon. When the spoons run out, so does our energy, often leaving us with tough choices about how to spend our limited resources.

In creating this journal, my aim is to provide a tool that not only helps track the physical aspects of chronic illness, like symptoms and medications, but also serves as a daily planner that's realistically tailored to our unique energy constraints. It's designed to help us plan our days, recognizing that we might not have the same number of spoons every day and that's okay.

The pages are laid out to enable easy tracking of energy levels, mood, diet, and activity, with additional space for noting how different tasks impact our spoon count. I've included sections for reflection and gratitude, as maintaining a positive mindset is crucial when dealing with chronic conditions.

My hope is that this journal becomes a companion for fellow spoonies, a place where they can not only organize their days but also find comfort in knowing that their experiences are valid and understood. I want it to be a reminder that while our spoons may be limited, our strength and resilience are not.



**This Journal Belongs To**

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# Today

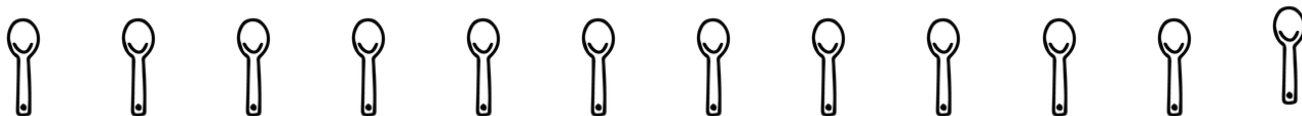
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SCHEDULE	

PRIORITIES	
<input type="checkbox"/>	
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TO DO	
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### SPOONS USED



### WATER



### GRATEFUL FOR

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NOTES: \_\_\_\_\_

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# How To Fill Out Trackers

	J	F	M	A	M	J	J	A	S	O	N	D
1	Low Energy	Moderate Energy	High Moderate Energy	Moderate Energy	High Moderate Energy	Very Low Energy	High Moderate Energy					
2	Very Low Energy	High Moderate Energy	High Moderate Energy	High Energy	High Moderate Energy	High Energy	Very Low Energy	High Energy				
3	Low Energy	High Energy	High Energy	Very Low Energy	Very Low Energy	High Moderate Energy	High Energy					
4	Low Energy	Moderate Energy	Low Energy	High Energy	Low Energy	Moderate Energy	Very Low Energy					
5	High Moderate Energy	High Energy	Very Low Energy	High Moderate Energy	Moderate Energy	Moderate Energy	High Moderate Energy					
6	High Moderate Energy	No Energy	Low Energy	Very Low Energy	High Energy	Low Energy						
7	Moderate Energy	High Energy	Very Low Energy	Moderate Low Energy	Moderate Energy	High Moderate Energy	Moderate Energy					
8	High Energy	Moderate Energy	High Energy	Low Energy	Very Low Energy	High Moderate Energy						
9	High Moderate Energy	No Energy	High Moderate Energy		Very Low Energy							
10	Very Low Energy	Moderate Energy			Moderate Energy							
11	Moderate Low Energy	Very Low Energy			High Energy							
12	High Energy	Very Low Energy										
13	High Energy	No Energy										
14	Moderate Energy											
15	Moderate Energy											
16	Low Energy											
17												
18		High Energy										
19		Moderate Energy			Moderate Energy							
20	High Moderate Energy	Very Low Energy	Moderate Energy	High Energy	High Energy	Moderate Low Energy		High Moderate Energy		Moderate Energy		
21	No Energy	Very Low Energy	High Energy	Very Low Energy	No Energy	High Moderate Energy	Low Energy	Moderate Energy				
22	High Energy	Moderate Energy	Moderate Energy	Very Low Energy	High Energy	Moderate Energy	High Energy	Moderate Energy				
23	Moderate Energy	High Energy	Moderate Low Energy	Moderate Energy	Moderate Energy	Very Low Energy	No Energy	Low Energy				
24	Low Energy			High Energy	Low Energy			High Moderate Energy				
25												
26												
27												
28												
29												
30												
31												

## KEY

-  NO ENERGY
-  VERY LOW ENERGY
-  LOW ENERGY
-  MODERATE LOW ENERGY
-  MODERATE ENERGY
-  HIGH MODERATE ENERGY
-  HIGH ENERGY

## TOTALS

-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_

EXAMPLE








# Yearly Energy Level Tracker

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												
6												
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31												

## KEY

-  NO ENERGY
-  VERY LOW ENERGY
-  LOW ENERGY
-  MODERATE LOW ENERGY
-  MODERATE ENERGY
-  HIGH MODERATE ENERGY
-  HIGH ENERGY

## TOTALS

-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_








# Monthly Energy Level Tracker

DAY	MORNING	MIDDAY	EVENING	MORNING
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
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27				
28				
29				
30				
31				

## KEY

-  NO ENERGY
-  VERY LOW ENERGY
-  LOW ENERGY
-  MODERATE LOW ENERGY
-  MODERATE ENERGY
-  HIGH MODERATE ENERGY
-  HIGH ENERGY

## TOTALS

-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_

NOTES: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
















# Yearly Mood Tracker

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												
6												
7												
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29												
30												
31												

## KEY

-  JOYFUL
-  CONTENT
-  CALM
-  NEUTRAL
-  IRRITATED
-  ANGRY
-  SAD

## TOTALS

-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_



# Monthly Mood Tracker








DAY	MORNING	MIDDAY	EVENING	NIGHT
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
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22				
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27				
28				
29				
30				
31				

MONTH: \_\_\_\_\_

## KEY

-  JOYFUL
-  CONTENT
-  CALM
-  NEUTRAL
-  IRRITATED
-  ANGRY
-  SAD

## TOTALS

-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_

NOTES: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Sleep Log








DAY	DURATION	QUALITY	PAIN LEVEL
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
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27			
28			
29			
30			
31			

MONTH: \_\_\_\_\_

## KEY

-  NO PAIN
-  MILD PAIN
-  MODERATE PAIN
-  DISTRACTING PAIN
-  INTENSE PAIN
-  EXCRUCIATING PAIN
-  UNBEARABLE PAIN

## TOTALS

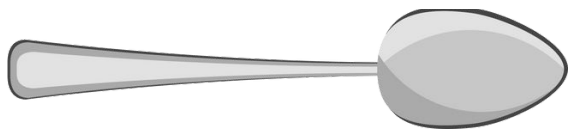
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_

NOTES: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





# Doctor Notes

DOCTOR \_\_\_\_\_ DATE: \_\_\_ / \_\_\_ / \_\_\_

HERE TO DISCUSS \_\_\_\_\_

## RECENT SYMPTOMS

_____	_____
_____	_____
_____	_____

## QUESTIONS FOR DOCTOR

_____	_____
_____	_____
_____	_____

## NEXT STEPS

## DATE

_____	___ / ___ / ___
_____	___ / ___ / ___
_____	___ / ___ / ___
_____	___ / ___ / ___
_____	___ / ___ / ___

NOTES: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_





# Weekly Gratitude Journal

5 Nice Things That Happened This Week

Week \_\_\_ / \_\_\_ / \_\_\_ to \_\_\_ / \_\_\_ / \_\_\_

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

People I am grateful for

Things That I Learned

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

Goal for this week

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Say something nice about yourself

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The best part of my week (choose one thing this week that made you happy!)

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# Contact List

Name : \_\_\_\_\_ Notes : \_\_\_\_\_

Address : \_\_\_\_\_

Phone : \_\_\_\_\_

Email : \_\_\_\_\_

Name : \_\_\_\_\_ Notes : \_\_\_\_\_

Address : \_\_\_\_\_

Phone : \_\_\_\_\_

Email : \_\_\_\_\_

Name : \_\_\_\_\_ Notes : \_\_\_\_\_

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Name : \_\_\_\_\_ Notes : \_\_\_\_\_

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# Notes

A series of horizontal lines for writing notes, consisting of 20 evenly spaced lines.