ENERGY PLANNER

Notice what drains you and what fills you up, then plan your week with room for both.

Name: _____

Date: _____

1 Drains me

Noise, crowds, small talk, switching tasks...

2 Fills me up

Quiet, favourite interests, movement, time alone...

3 My sensory toolkit

- [ ] Noise-cancelling headphones or earplugs
- [ ] Comfortable clothes
- [ ] Snacks and water
- [ ] _____
- [ ] Sunglasses or a cap
- [ ] Something to fidget with
- [ ] A quiet spot I can go to
- [ ] _____

4 My week

Mark the busiest days, then book recovery time right after them.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Big drain:	**Big drain:**	**Big drain:**	**Big drain:**	**Big drain:**	**Big drain:**	**Big drain:**
Recharge:	**Recharge:**	**Recharge:**	**Recharge:**	**Recharge:**	**Recharge:**	**Recharge:**

5 Transitions

Heads-up I need before a change:

My landing activity after school or work:

6 Battery check

1	2	3	4	5
Empty	Low	Okay	Good	Full

What would add one bar today?

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