



Spoon Diary

Plan your days around the energy you actually have.

WHAT IS SPOON THEORY?

Spoon theory pictures your energy as a handful of spoons. Every task, big or small, costs some, and when they're gone, they're gone.

Created by Christine Miserandino in her 2003 essay "The Spoon Theory" (butyoudontlooksick.com).

HOW TO USE

1

Set today's budget

Circle how you slept and woke, then shade the spoons you have. Keep one in reserve.

2

Plan activity costs

List what you hope to do and what each will cost. Over budget means crash risk.

3

Check in at night

Tick what you did. Circle symptoms and note what helped or cost more than expected.



Need a starting budget? Try the free spoon calculator: junocompanion.com/trackers/spoon-calculator

What things cost me

Every body is different. Fill in what things cost you, and update it as you learn.

ACTIVITY	USUAL COST	HARD DAY	NOTES
● EXAMPLES ONLY · YOURS WILL DIFFER			
Shower	2	3	Sitting down to dry off helps
Cooking a simple meal	2	3	Batch cook on better days
Short walk	2	3	Flat route, slow pace
Work call	3	4	Camera off costs less
Rest break	+1	+1	Gives a spoon back

Want a starting budget? Try the free spoon calculator at junocompanion.com/trackers/spoon-calculator
Costs often go up on hard days, like after a short night. This is a planning aid, not medical advice.

Today _____

SLEEP · HOURS & QUALITY

_____ h

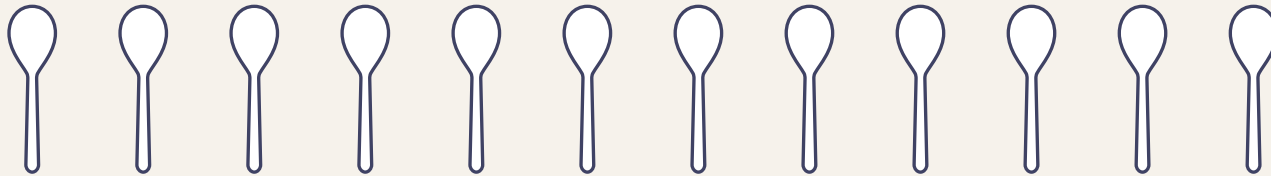
1 2 3 4 5

ENERGY ON WAKING

1 2 3 4 5

1 TODAY'S SPOON BUDGET

Shade the spoons you have. Cross one out as you spend it.



2 PLANNED ACTIVITIES

SPOONS

DONE

		☐
		☐
		☐
		☐
		☐
		☐



Buffer Keep 1 spoon in reserve for the unexpected

1

☐

● Planned more than your budget? That's crash risk: move, shorten or rest.

Total

3 EVENING CHECK-IN

Circle anything that showed up today.

Fatigue Pain Brain fog Headache Nausea Dizziness Poor sleep Low mood

Anxiety FLARE None Mild Strong

WHAT HELPED

WHAT COST MORE THAN EXPECTED

Today felt

Spoons used

of

Today _____

SLEEP · HOURS & QUALITY

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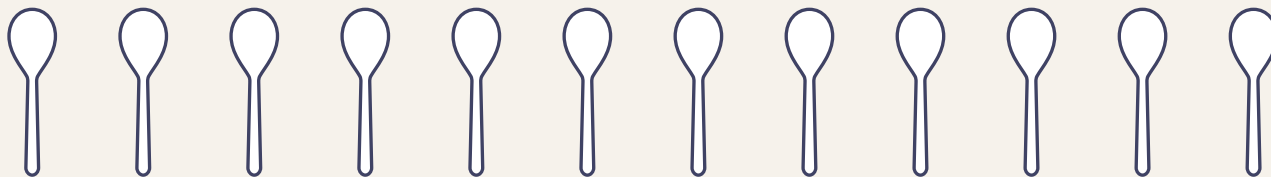
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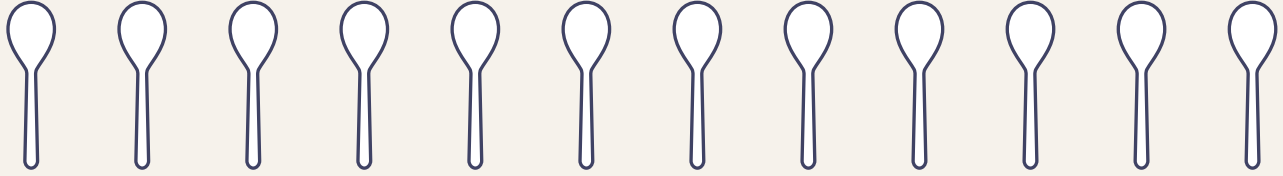
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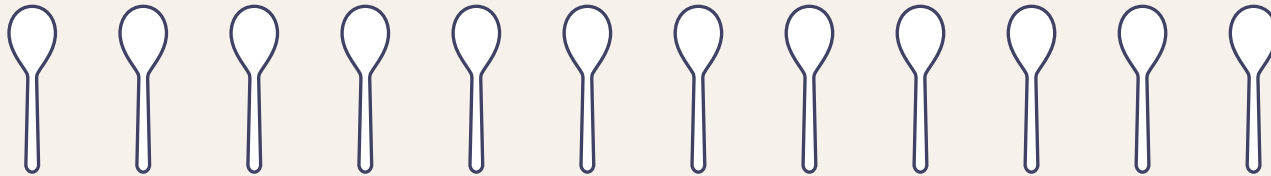
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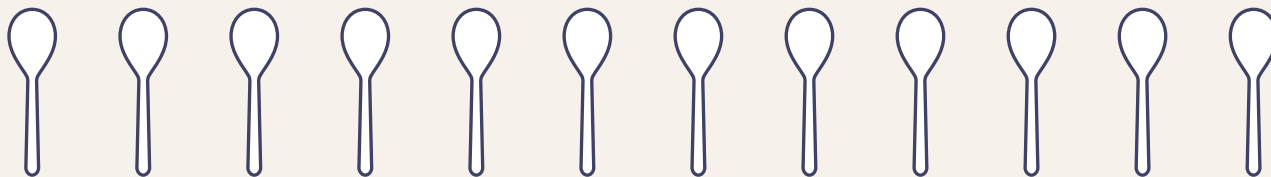
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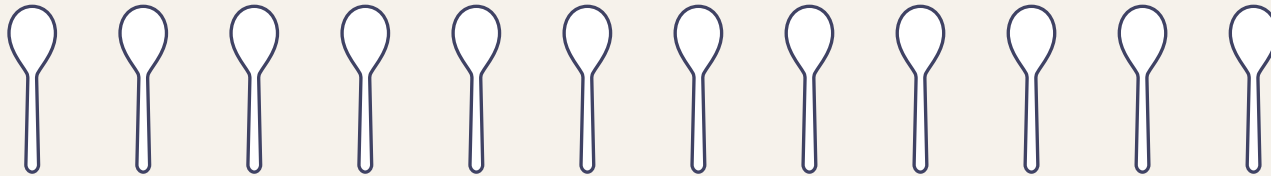
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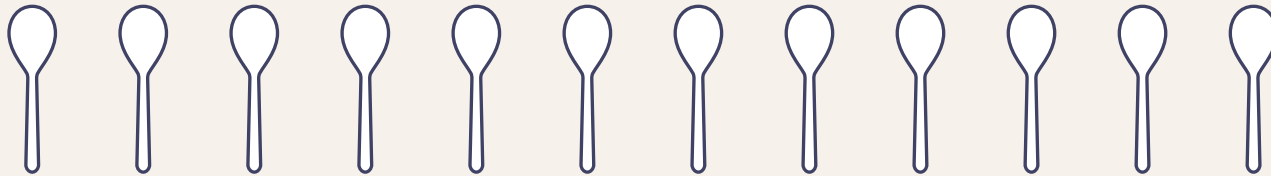
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This week

Week of _____

SPOONS USED VS BUDGET

Draw a line at each day's budget, then shade the spoons you used.

	MON	TUE	WED	THU	FRI	SAT	SUN
16							
12							
8							
4							
Budget							
Used							
Crash day	☐	☐	☐	☐	☐	☐	☐

PATTERNS I NOTICED

Crashes can show up a day or two later, so look at the days before.

QUESTIONS FOR MY DOCTOR

Bring this page to your next appointment.
