



The Energy Spoon Audit

You only get so many spoons a day. Let's use them wisely.



Built for chronic pain warriors who need to pace, protect, and plan



Learn your energy drains and energy boosts



Includes a printable audit tool [#navigatechronicpain](#)

What's a Spoonie?

The Spoon Theory

A way to explain limited energy.

Daily Spoon Allocation

🧑 You start the day with a set number of "spoons."

Energy Expenditure

🍴 Every task — big or small — costs a spoon.

Energy Depletion

😴 When you're out of spoons, you're done.

Chronic pain, illness, and fatigue make everyday things expensive.
This guide helps you spend with intention — not guilt.



The Spoon Audit (How It Works)

Estimate how many spoons you have today

Begin by assessing your energy level for the day

List what's on your plate

Write down all tasks and activities planned for the day

Assign each task a spoon cost (✓ see next slide)

Determine how much energy each activity will require

Rearrange, delay, or delegate what's too much








Adjust your schedule based on your available energy

Reflect + adjust tomorrow

Learn from today's experience to better plan for tomorrow

✨ Awareness = pacing without crashing.

Example Spoon Costs

-  **Brushing teeth = 1 spoon**
Basic personal care requires minimal energy
-  **Making lunch = 2 spoons**
Food preparation requires standing and multiple steps
-  **Driving kids to school = 3 spoons**
Requires focus, coordination, and social interaction
-  **Cleaning bathroom = 4 spoons**
Physical exertion with bending and reaching
-  **Zoom call = 3 spoons**
Mental focus and social energy required
-  **Pain flare = automatic -5 spoons**
Unexpected health challenges deplete energy reserves
-  **Total rest day = still costs 2–3 spoons**
Even existing requires some energy expenditure

✓ Pro tip: Build in "spoon buffers" for flares, stress, or social energy drain.

💬 **Ask your Navigate Chronic Pain Support Companion:** "Help me rate today's energy spend — I feel wiped."

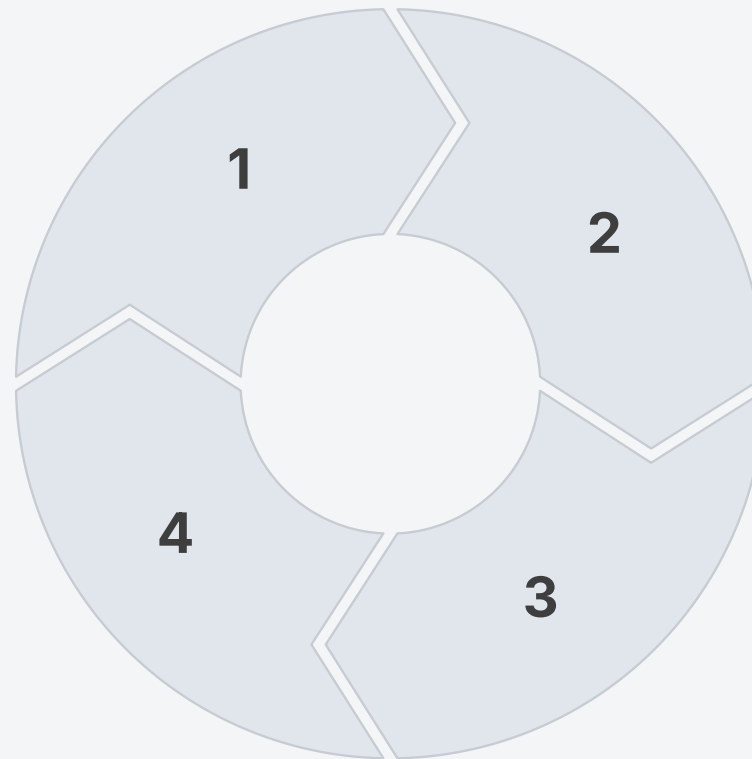
Sample Audit

Today's Spoon Budget: 10 spoons

Starting energy allocation for the day

Necessary Adjustments

🔄 Dinner canceled, bath postponed



Planned Activities

- 🧺 Laundry (3)
- ✉️ Emails (2)
- 🍴 Dinner with friend (3)
- 🛀 Bath & self-care (2) = 10 spoons

Unexpected Challenge

💥 Surprise flare = +3 spoons spent

📌 Key takeaway: Adjusting isn't failing — it's smart pacing.

💬 **Ask your Navigate Chronic Pain Support Companion:** "Help me create a daily energy balance plan."



What Drains vs. What Refills You?


High-drain tasks:

- Noise, multitasking, long convos
- Social media scrolling
- Saying "yes" when you mean "no"

Energy refills:

- Nature
- Silence or meditation
- Navigate's breathwork tools
- 20 minutes of lying down
- Gentle connection with safe people

 Use this page to track:

 Schedule in the good stuff first.

Ask Navigate Chronic Pain to Help You Audit



When Brain Fog Hits

When your brain fog is strong — Your Navigate Support Companion is stronger.



Daily Planning

"Help me plan today with limited energy."



Setting Boundaries

"How can I say no without guilt?"



Activity Suggestions

"What's one low-spoon activity I can do today?"



Reframing Rest

"Help me reframe my rest as productive."

✨ Your Navigate Support Companion helps you protect your energy and your peace.

🌐 Try it free: navigatechronicpain.org



Download the Printable Audit Tool



Printable Resource

We made a beautiful daily Spoon Tracker you can print or screenshot.



Morning Assessment

Morning spoon count



Activity Planning

Task cost planner



Energy Management

Energy-drain vs. refill list

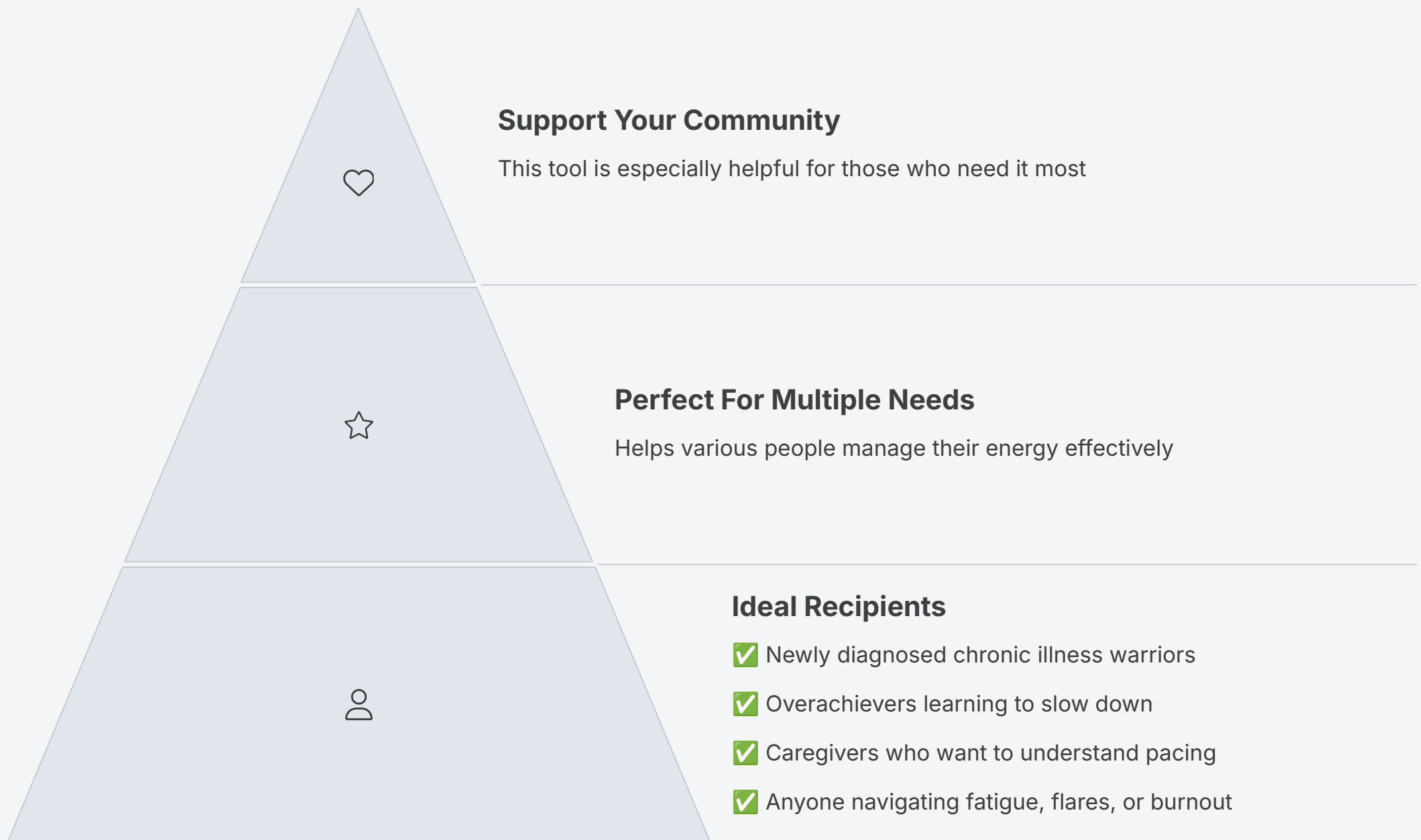


Reflection Space

Notes for reflection + pacing tips

 Free at: navigatechronicpain.org

Share With a Spoonie You Love



Tag it → **#navigatechronicpain**

♥ Send it to someone who always pushes through too hard.

You Don't Have to Do It All



Rest is not a reward.

It's a necessity for healing and wellbeing



Saying "no" is an act of healing.

Setting boundaries protects your energy



You are allowed to manage your energy like it matters

Because it does



Track it. Protect it. Honour it.

Your wellbeing deserves this attention

✨ You are doing more than enough.