My Energy & Nourishment Check-In

Notice how your capacity and nourishment needs may change from day to day.

How is my energy today?

- [ ] Very low
  Rest and essentials
- [ ] Low
  Keep things simple
- [ ] Moderate
  Some tasks feel possible
- [ ] Higher
  More capacity available

What changes when my energy is lower?

- [ ] Noticing hunger or thirst
- [ ] Choosing what to eat
- [ ] Preparing food
- [ ] Eating regularly
- [ ] Cleaning up afterwards
- [ ] Managing sensory input

What helps me eat when energy is limited?

Think about familiar foods, convenience or support.

What feels easier when I have more energy?

Notice possibilities without setting expectations.

Energy can fluctuate

Your needs are valid on both lower and higher energy days.

My Nourishment Energy Map

Consider how much effort different food-related activities require.

How much energy do these activities usually take?

Tick one column for each task, or leave it blank if it varies.

Activity	Low	Medium	High
Deciding what to eat	☐	☐	☐
Shopping or ordering food	☐	☐	☐
Getting ingredients ready	☐	☐	☐
Cooking or heating food	☐	☐	☐
Eating a meal	☐	☐	☐
Cleaning up afterwards	☐	☐	☐

Which activities take the most energy for me?

Are there parts I could simplify or share?

Effort is individual

An activity that feels easy for one person may be demanding for another.

My Food & Energy Patterns

Notice when nourishment feels more or less manageable.

Morning

What tends to help when I first wake?

Afternoon

What works during busy or tiring periods?

Evening

What feels manageable later in the day?

What patterns or differences have I noticed?

There is no perfect routine

Use your observations to find flexible options that work for you.

My Nourishment Toolkit

Choose supportive approaches that suit your energy and circumstances.

Ideas I might want to try

- [ ] Familiar options

  Keep reliable foods available when possible.

- [ ] Easier preparation

  Try ready-made, pre-cut or minimal-preparation foods.

- [ ] Gentle reminders

  Use prompts or routines if they feel helpful.

- [ ] Sensory comfort

  Choose preferred textures, settings or utensils.

- [ ] Practical support

  Ask someone to help with shopping or meals.

Which ideas feel realistic or useful for me?

Choose what fits

You can adapt, pause or ignore any suggestion based on your needs.

My Personal Nourishment Plan

Bring together what supports you as your energy changes.

Use these spaces as a flexible reference. You can type or print.

My energy patterns

When I tend to have more or less capacity

Foods I can usually manage

Familiar, convenient or comforting options

Preparation that feels easier

Shortcuts, routines or helpful equipment

Challenges I may experience

Things that can make nourishment difficult

People or supports that help

Practical adjustments or assistance

My next gentle step

One small, manageable thing I might try

A gentle reminder

Your plan can change as your energy, needs and circumstances change.