# My Low-Energy Check-In

Notice what feels manageable today, without judgement or expectations.

## How much energy do I have right now?

| Very low | Low | Some | More |
| --- | --- | --- | --- |
| Essentials only | Keep it simple | A little capacity | Extra options |

## What feels difficult when energy is limited?

- [ ] Deciding what to eat
- [ ] Shopping or ordering
- [ ] Preparing ingredients
- [ ] Cooking or heating
- [ ] Eating regularly
- [ ] Cleaning up

### What feels manageable for me today?

Foods, drinks or routines that require less effort.

### Where might I need extra support?

Think about practical help, access or time.

### Small amounts of support count

Your needs may change from one day to the next.

# Choosing Easier Food Options

Collect possibilities that work with your preferences, access and energy.

### Familiar or reliable foods

Options I already know I can usually manage.

### Little or no preparation

Foods or drinks I can access with minimal steps.

### Easy-to-reach options

Things I can keep nearby or store conveniently.

### Less washing up

Options that reduce equipment or cleaning demands.

### Convenience is a valid support

Food does not have to be made from scratch to be worthwhile.

# Building My Comfort Menu

Create options for different levels of energy, without rigid rules.

### When I have very little energy

Ready-to-eat, familiar or supported options.

### When I have some energy

Simple food choices with only a few steps.

### When I have more energy

Options I might prepare when I have extra capacity.

### All options are optional

Choose what is accessible, safe and comfortable for you.

# Reducing Preparation Barriers

Consider practical ways to make nourishment less demanding.

### Keep food accessible

Place familiar options where they are easy to reach.

### Simplify preparation

Consider pre-cut, ready-made or microwaveable options.

### Use helpful equipment

Try tools that reduce physical or mental effort.

### Reduce cleaning demands

Choose fewer utensils or easier clean-up when possible.

### Share tasks or ask for help

Consider shopping, preparing or serving support.

### Which ideas feel realistic or useful for me?

Choose only what fits my circumstances.

### Choose what fits

You can adapt, pause or ignore any suggestion.

# My Low-Energy Day Plan

Part one: build a practical reference for days when capacity is limited.

### Foods I can usually manage

Familiar, accessible or comfortable options.

### My easiest meals and snacks

Options requiring the least preparation or decision-making.

### What makes eating more difficult

Barriers I may want to plan around.

### A flexible reference

There is no need to fill every space at once.

# My Low-Energy Day Plan

Part two: identify adjustments, support and gentle next steps.

### Adjustments that reduce effort

Tools, shortcuts or changes that help me.

### People or services that can support me

Practical help I can ask for or access.

### My next manageable step

One small thing I might try, if and when it suits me.

### Your needs matter

Your plan can change with your energy, access and circumstances.