

Energy Accounting Tracker



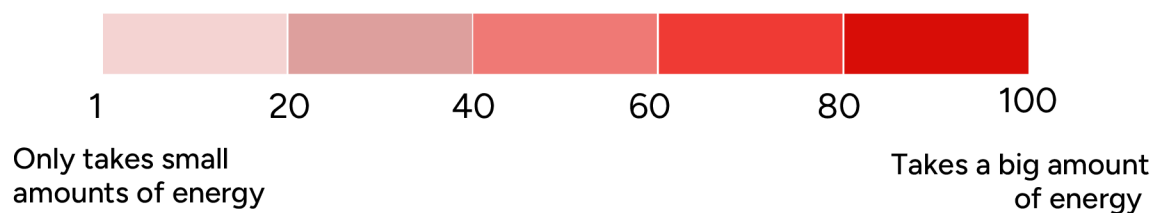
Some neurodiverse individuals, especially autistic or ADHD students, find it helpful to manage their energy by assigning scores to daily activities.

On the following page you can find an example template. We recommend using this with a trusted adult/support worker to begin with.

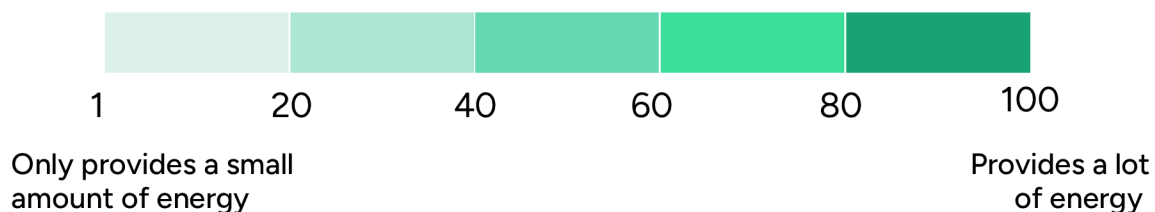
You might find the tracker useful for:

- Reflecting on what has drained you today to help you plan rest time over the next day or two.
- Planning for the week ahead. Make a note of upcoming activities that typically drain your battery and schedule in some recharging activities.

When you start to list energy-draining activities, think about what score you would give them between 1 - 100.



And do the same for your energy restoring activities:



Example:

ENERGY DRAINS :

Getting the bus 50

PE lesson 80

Pair work in Biology 40

Total: 170

ENERGY CHARGES:

Playing with the dog 40

Reading outside for 20 mins 40

Mindfulness club 20

Playing Mario Kart with my friend 80

Total: 180

Today's Schedule - Energy Drains



DATE: _____

Energy drains before school:

SCORE

	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Energy drains in the evening:

SCORE

	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

TOTAL DEBT: _____

Energy drains during school:

	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

HOW DID I SLEEP?



HOW ANXIOUS AM I?



KEY TASKS FOR TODAY:

Today's Schedule - Energy Charges



DATE: _____

Energy charges before school:

SCORE

	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Energy charges during school:

	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Energy charges in the evening:

SCORE

	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

TOTAL DEPOSIT: _____

TOTAL BALANCE: _____

WHAT WENT WELL TODAY:

HOW AM I FEELING NOW?

