

# SPOON THEORY

## - A Journaling Companion

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### How Many Spoons Do Daily Activities Cost?

#### 1 Spoon Activities:

- Getting out of bed
- Brushing your teeth
- Taking medication
- Watching TV for an hour
- Washing your hair
- Listening to music

#### 2 Spoon Activities:

- Making breakfast
- Taking a shower  
*(note: for some, this might require 3 spoons)*
- Drying and styling hair
- Brushing hair
- Managing daily or weekly medications
- Reading
- Studying for an hour
- Making a phone call

#### 3 Spoon Activities:

- Cooking a meal
- Light housework
- Meeting a friend at home
- Driving somewhere
- Folding laundry
- Caring for pets
- Attending a medical appointment
- Climbing stairs

#### 4 Spoon Activities:

- Going to work
- Attending school
- Shopping
- Seeing a specialist (especially with long waiting times)
- Waiting for and using public transport
- Ironing
- Taking care of children

#### 5 Spoon Activities:

- Going out for coffee or a meal
- Gardening
- Studying and attending lectures/classes
- Participating in social events with friends

It's important to note that these values can vary based on individual circumstances and the nature of one's chronic illness. Factors like flare-ups or particularly challenging days can increase the "spoon cost" of these activities.

# DAILY SPOON TRACKER

MON TUE WED THU FRI SAT SUN



DATE: \_\_\_\_\_

DAILY GOAL: \_\_\_\_\_

HAVE TO DO:

*Task:*

*Spoons Used:*

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

WANT TO DO:

*Task:*

*Spoons Used:*

_____	_____
_____	_____
_____	_____
_____	_____

WATER INTAKE



TODAY'S MOOD



NOTES:

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_