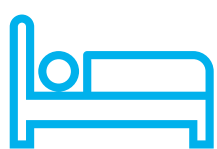


# How will I use my spoons today?

As a chronically ill person, I only have \_\_\_\_ spoons at my disposal each day. Therefore, I must pick and choose wisely.



**Get out of bed**

1 x 



**Shower**

2 x 



**Attend social event**

5 x 



**Go out for a coffee**

4 x 



**Drive**

4 x 



**Make a phone call**

3 x 



**Garden**

5 x 




**Work**

5 x 



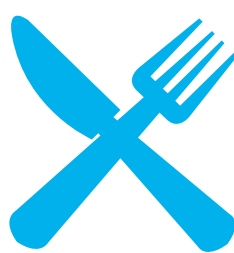
**Play games**

3 x 



**Clean the house**

5 x 




**Have a meal**

2 x 



**Walk the dog**

4 x 




**Study**

5 x 



**Watch TV**

3 x 




**Ironing**

5 x 




**Exercise**

5 x 




**Shopping**

4 x 



**Read**

2 x 




**Catch public transport**

4 x 



**Cook**

4 x 

\*Note - if you exceed your daily limit, be aware that you will be taking spoons from tomorrow's allocation. So be sure to plan ahead accordingly.