



Begin with what is available.

A five-minute check-in for building today's plan around real capacity—not pressure.

DATE _____

CHECK-IN TIME _____

1 · NOTICE WHAT IS HERE

PHYSICAL ENERGY

Low Mixed More available

MENTAL CLARITY

Low Mixed More available

EMOTIONAL LOAD

Low Mixed More available

ANYTHING ELSE AFFECTING CAPACITY TODAY?

2 · CHOOSE TODAY'S MODE

■ PROTECT

Preserve capacity. Keep only essentials.

■ STEADY

Measured progress with room around it.

■ FULL

Use broader capacity without borrowing recklessly from tomorrow.

3 · NAME THE ONE TRUE PRIORITY

If only one meaningful thing receives care today, what should it be?

4 · MAKE ROOM BEFORE ADDING MORE

☐ Food, medication, hygiene, or basic care

☐ Pre-emptive rest or recovery

☐ Travel, setup, and transition time

WHAT ELSE CAN FIT WITHOUT USING ALL AVAILABLE CAPACITY?

Changing the plan is not abandoning the system.



Keep what is still true.

Use this page when symptoms, energy, priorities, or circumstances change.

1 • WHAT CHANGED?

2 • WHAT IS STILL TRUE?

MUST

Necessary for safety, care, or a real deadline

CAN SHRINK

A smaller version would still help

CAN MOVE

Deferring this causes no meaningful harm

WRITE THE REVISED PLAN

3 • CHOOSE THE NEXT SMALLEST SAFE ACTION

4 • WHAT SUPPORT OR RECOVERY BELONGS AROUND IT?

- ☐ Ask for help ☐ Reduce sensory load ☐ Food / fluids / medication ☐ Stop and rest

OTHER

5 • SET ONE POINT TO CHECK AGAIN

TIME OR SIGNAL

WHAT WILL I NOTICE?

A NOTE FOR LATER

What did this activity cost—right away or later? Record patterns without blame. Educational planning tool only; not medical advice, diagnosis, or treatment.