

Energy Accounting Daily Tracker

Manage your finite energy budget proactively — track what costs, what replenishes, and how to plan accordingly.

Name: _____ Date: _____ Clinician: _____

What is energy accounting? Energy accounting is a framework for understanding that neurodivergent individuals have a finite energy budget that is spent and replenished by different activities. Social interaction, sensory input, and masking are costly. Special interests and solitude often replenish. This tracker helps you manage your energy proactively.

MY ENERGY COSTS & DEPOSITS

HIGH COST activities (drain me)	REPLENISHING activities (restore me)
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

DAILY ENERGY LOG

Track your energy across the day. Rate your energy level (1=depleted, 5=full) and note what affected it:

Time of day	Energy level (1–5)	What happened / what affected energy
Morning (waking–noon)	_____	_____
Midday (noon–3pm)	_____	_____
Afternoon (3–6pm)	_____	_____
Evening (6–9pm)	_____	_____

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Night (9pm+) _____

REFLECTION & INTEGRATION

My energy level today overall (1–10) and why:

One adjustment I can make tomorrow to protect my energy:

What I need most when my energy is depleted:
