

Energy Envelope
Illness CFS/FM Rating Other Chronic Acute
Activity Hours/Day Good/Bad Times Housework Shopping Standing Driving Exercise Mental per day Mental per session Social: in person Social: phone
Sleep & Rest Nighttime Sleep Daytime Rests

Feelings & Moods

Emotions

Sensitivity

Stressors

Finances

People

Sensitivities: Food/
Noise/Weather

Summary**Vulnerabilities****Goals**