

COSMIC SUN

Energy Budget Worksheet

A practical guide for spending energy intentionally and planning recovery before crashes.

[Energy pacing workbook](#)

Gentle support for pacing, reflection, recovery, and self-trust.

Your Energy Budget

Energy budgeting is a practical way to spend your limited capacity with more intention. It is not about doing less forever; it is about reducing crashes and creating a steadier rhythm.

- List what drains you.
- List what restores you.
- Plan recovery before and after demanding activities.
- Use small experiments instead of all-or-nothing changes.

Energy Cost Map

Activity	Energy cost / notes
Showering and dressing	
Meals and cooking	
Work or admin	
Social contact	
Errands	
Movement	

Activities I can simplify, delegate, or split into steps

Recovery Deposits

Restorative action	When I can use it
Quiet lying down	
Heat or cold comfort	
Gentle stretching	
Breathing practice	
Low-stimulation time	
Supportive conversation	

Weekly Energy Plan

Day	Big spend / recovery plan
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Energy Budget Day - Page 1

Plan energy spending before the day begins, then review gently afterward.

Expected energy cost

Essential tasks

Recovery deposits

What can be simplified

Energy Budget Day - Page 2

Plan energy spending before the day begins, then review gently afterward.

Expected energy cost

Essential tasks

Recovery deposits

What can be simplified

Energy Budget Day - Page 3

Plan energy spending before the day begins, then review gently afterward.

Expected energy cost

Essential tasks

Recovery deposits

What can be simplified

Energy Budget Day - Page 4

Plan energy spending before the day begins, then review gently afterward.

Expected energy cost

Essential tasks

Recovery deposits

What can be simplified

Energy Budget Day - Page 5

Plan energy spending before the day begins, then review gently afterward.

Expected energy cost

Essential tasks

Recovery deposits

What can be simplified

Energy Budget Day - Page 6

Plan energy spending before the day begins, then review gently afterward.

Expected energy cost

Essential tasks

Recovery deposits

What can be simplified

Energy Budget Day - Page 7

Plan energy spending before the day begins, then review gently afterward.

Expected energy cost

Essential tasks

Recovery deposits

What can be simplified

Energy Budget Day - Page 8

Plan energy spending before the day begins, then review gently afterward.

Expected energy cost

Essential tasks

Recovery deposits

What can be simplified

Energy Budget Day - Page 9

Plan energy spending before the day begins, then review gently afterward.

Expected energy cost

Essential tasks

Recovery deposits

What can be simplified

Energy Budget Day - Page 10

Plan energy spending before the day begins, then review gently afterward.

Expected energy cost

Essential tasks

Recovery deposits

What can be simplified

Activity Experiment - Page 1

Use one small experiment at a time to learn your current capacity.

Experiment

Before / during / after signals

What I learned

Activity Experiment - Page 2

Use one small experiment at a time to learn your current capacity.

Experiment

Before / during / after signals

What I learned

Activity Experiment - Page 3

Use one small experiment at a time to learn your current capacity.

Experiment

Before / during / after signals

What I learned

Book a Coaching Session

You do not need to have everything organized before reaching out. A discovery call is a quiet place to name what is hard, what you want support with, and whether coaching feels like a good next step.

- One-on-one fibromyalgia coaching
- Support with pacing, routines, flare planning, and self-advocacy
- Gentle accountability that respects your energy limits

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Medical Disclaimer

This resource is educational and supportive only. It is not medical advice, diagnosis, treatment, or a substitute for care from a qualified healthcare professional. Always consult your healthcare provider before changing medications, treatment, movement, nutrition, supplements, or any health plan.