

## Energy Envelope Worksheet

<b>Physical Activity</b>	
Hours per day (overall)	
Best time of day	
Personal care	
Housework	
Shopping	
Standing	
Driving	
Exercise	
<b>Mental Activity</b>	
Total time per day	
Time per session	
Setting	
Best time of day	
<b>Social Activity</b>	
In person time limit	
Limits on setting	
Limits on size of group	
People I find difficult	
Phone limit per day	
Phone limit per call	
Phone limit by person	
<b>Physical Sensitivity</b>	Rating (1-10)
Food	
Chemicals	
Noise & Light	
Weather	