

Energy Envelope Worksheet

Physical Activity	
Hours per day (overall)	
Best time of day	
Personal care	
Housework	
Shopping	
Standing	
Driving	
Exercise	
Mental Activity	
Total time per day	
Time per session	
Setting	
Best time of day	
Social Activity	
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	
Physical Sensitivity	
Rating (1-10)	
Food	
Chemicals	
Noise & Light	
Weather	