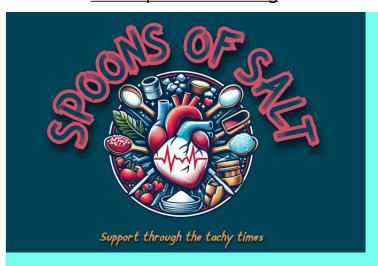
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## Spoons of Salt-The Spoon The

Look at the sample Spoon Theory chart and de how many SPOONS you will allow yourself for 1

Mark it down here:

Use the chart below to fill in strenuous things you how many points they should be worth depending difficulty level to you. Everyone is different and different abilities and disabilities. \*If you use too spoons for the day, subtra

from tomorrows spoo

# HOW MANY SPOONS?

Nobody's Spoon Chart exactly the same

5 SPOONS	4 SPOONS	3 SPOONS	2 SPOONS	1 SPOON

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### RECHARGING SPOONS

What do you do to relax? These things will be your way "recharging" your body so it can rest and get back to normal.

Write down the things that you use to relax your body as use them as your "recharge"

Recharge 5 Spoons	Recharge 4 Spoons	Recharge 3 Spoons	Recharge 2 Spoons	Recharge 1 Spoon

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