

Energy Tracker for ADHD Women

Free Energy Tracker for ADHD Women

Managing your energy effectively can be life-changing, especially when dealing with the challenges of ADHD and AuDHD. To help you navigate this journey, here's a simple and practical energy tracker designed just for you. Use this tool to start understanding your energy levels and aligning tasks with your mental capacity.

How to Use This Energy Tracker:

1. Track Your Daily Energy Levels

Use this table to track your energy throughout the day. Note your mental, physical, and emotional energy on a scale of 1-5 (1 being very low, 5 being very high).

Day	Morning (6 AM - 12 PM)	Afternoon (12 PM - 6 PM)	Evening (6 PM - 10 PM)	Physical Energy (1-5)	Mental Focus (1-5)	Emotional State (Calm, Anxious, etc.)
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

1. Identify Patterns

At the end of each week, reflect on any patterns you notice. When do you feel most alert, and when do you tend to struggle? Note how hormonal fluctuations or specific activities affect your energy.

- **Highest Energy Periods:** _____
- **Lowest Energy Periods:** _____
- **Activities That Drain You:** _____
- **Activities That Recharge You:** _____

2. Plan Accordingly

Use your reflections to prioritize tasks according to your energy. Schedule demanding

tasks during your high-energy periods and plan for rest during your low-energy times. For example:

- **High-Energy Tasks (e.g., creative work, problem-solving):** Best performed during _____
- **Low-Energy Tasks (e.g., organizing, cleaning):** Best performed during _____
- **Rest and Recovery (e.g., mindfulness, gentle exercise):** Incorporate during _____

Tips for Using the Energy Tracker During Your Menstrual Cycle:

- **Week Before Period:** Expect energy dips. Be kind to yourself and adjust your schedule to include lighter tasks and more rest.
- **Ovulation (Around Day 14):** You may experience a boost in energy and focus. This is an excellent time for high-energy activities.
- **Period Week:** Allow for more rest and minimize intense work commitments.

Remember:

Energy management is an ongoing process of self-accommodation and self-care.

Understanding your unique patterns allows you to create a more fulfilling and sustainable daily life that respects your neurodivergent needs.

Download this tracker, customize it to your needs, and let it guide you towards better energy awareness and self-compassion.