

# How will I use my spoons today?



Get out of bed

1 x i



Shower

2 x i



Attend social event

5 x i



Go out for coffee

4 x i



Drive

4 x i



Make a phone call

3 x i



Garden

5 x i



Work

5 x i



Play games

3 x i



Clean the house

5 x i



Have a meal

2 x i



Walk the dog

4 x i



Study

5 x i



Watch TV

3 x i



Ironing

5 x i



Exercise

4 x i



Shopping

4 x i



Read

2 x i



Catch public transport

4 x i



Cook

4 x i

*\*Note - if you exceed your daily limit, be aware that you will be taking spoons from tomorrow's allocation. So be sure to plan ahead accordingly.*

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