ENERGY ENVELOPE PLANNER

PREVIEW

A digital product for people living with chronic illness

Created by Kale Vine | kalevine.com

YOU ARE PREVIEWING PAGES FROM THIS PRODUCT

The full interactive PDF includes all sections listed inside.
Every field is typeable. Print it or fill it digitally.

$12 CAD
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ENERGY ENVELOPE PLANNER -- PREVIEW

You are looking at sample pages from the full product.

The energy envelope theory explains why people with chronic fatigue conditions crash when they do too much -- even when that "too much" looks like nothing to a healthy person. This planner helps you understand your actual capacity and build your day around it, instead of around what you wish you could do. Below are real sample pages from the full planner.

EVERYTHING IN THE FULL VERSION

- v Understanding your energy envelope -- the science, explained simply
- v My Energy Baseline -- your real daily capacity, not the one you wish for
- v Activity Energy Cost List -- map what everything actually costs you
- v Daily Energy Budget Planner -- plan your day before you spend it
- v The Boom-Bust Cycle Tracker -- weekly pattern analysis
- v Post-Exertional Malaise (PEM) Log -- 6 detailed crash logs
- v Energy Restoration Log -- what genuinely fills your tank
- v Weekly Energy Overview -- see patterns across the full week
- v Conversation Scripts for Explaining Your Limits to Others

Sample pages from the full planner are on the following pages.

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SAMPLE PAGE: DAILY ENERGY BUDGET PLANNER

Plan before you spend. Fill this in the morning -- before you do anything.

The key shift in energy envelope pacing is this: instead of doing as much as you can on good days, you plan before you spend. Assign energy units to each task, stop when the budget runs out, and leave room for rest. This page is designed to be used every single day.

Date

How I feel waking up today (0-10)

Today's energy budget (realistic units, e.g. 10)

Sleep quality last night (0-10)

Non-negotiables today (things I must do regardless of energy)

MORNING ENERGY PLAN -- highest demand work goes here

Assign energy units to each task. Stop when your budget runs out.

Activity	Energy cost	Time estimate	Priority H/M/L

AFTERNOON ENERGY PLAN -- lower demand tasks only

Activity	Energy cost	Time estimate	Priority H/M/L

REST PLAN

Planned rest breaks today

Rest type (lying down / seated / quiet)

Energy restoration planned for today

Daily planner continues -- end-of-day review included in full version

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SAMPLE PAGE: POST-EXERTIONAL MALAISE (PEM) LOG

Every crash is data. Document it.

Post-exertional malaise (PEM) is when your symptoms significantly worsen after exertion. The key challenge: it is often delayed by 12 to 48 hours, making it hard to connect cause and crash. This log builds that connection over time. The full planner includes 6 complete PEM event logs.

PEM EVENT LOG

Date symptoms worsened

Severity at worst (0-10)

What I did 12-48 hours BEFORE the crash

Duration of that activity

Symptoms during this PEM episode -- list everything, not just the obvious ones

How long did the crash last?

What helped recovery most?

What I will do differently to avoid this specific trigger in future

5 more PEM logs + boom-bust tracker in the full planner -- kalevine.com/shop

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SAMPLE PAGE: CONVERSATION SCRIPTS

Words for when explaining your limits feels impossible.

One of the hardest parts of managing chronic illness is explaining your limits to people who cannot see them. These fill-in scripts give you a starting point for conversations that feel uncomfortable or impossible when you are depleted. Adapt them to your own voice.

EXPLAINING YOUR LIMITS TO SOMEONE CLOSE TO YOU

What I need them to understand about my energy and why it is limited

What I need from them on hard days -- specific, not general

FOR YOUR DOCTOR

Try this: "I have been using energy envelope pacing to manage my symptoms. I track my activity and rest to avoid post-exertional malaise. I would like to discuss this approach and whether you can support me with it."

What I want to say to my current doctors about my energy management

More conversation scripts included in the full planner -- kalevine.com/shop

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