Early Warning Signs Tracker

Burnout rarely arrives all at once. Small signs usually show up first. Each evening, take ten seconds to notice which signs showed up today. The point isn't to judge the week. It's to learn your pattern.

○ Not today ◐ A little ● A lot

SIGN	M	T	W	T	F	S	S
Energy runs out fast Small tasks leave me wiped out	○	○	○	○	○	○	○
Senses on high alert Noise, light, touch or smells feel like too much	○	○	○	○	○	○	○
Words are harder Talking, texting or finding words takes more effort	○	○	○	○	○	○	○
Starting & planning stall Executive function feels further out of reach	○	○	○	○	○	○	○
Shorter fuse Irritable, tearful or overwhelmed more easily	○	○	○	○	○	○	○
Pulling away Cancelling plans, avoiding messages, wanting to hide	○	○	○	○	○	○	○
Sleep or appetite shift Sleeping or eating noticeably more or less than usual	○	○	○	○	○	○	○
Basics slipping Dishes, showers, laundry or meals get skipped	○	○	○	○	○	○	○
My own sign:	○	○	○	○	○	○	○
My own sign:	○	○	○	○	○	○	○

What I noticed

My early-warning line

When I notice _____ or more signs in a week, I will _____

Noticing early is an act of care, not a test you can fail.