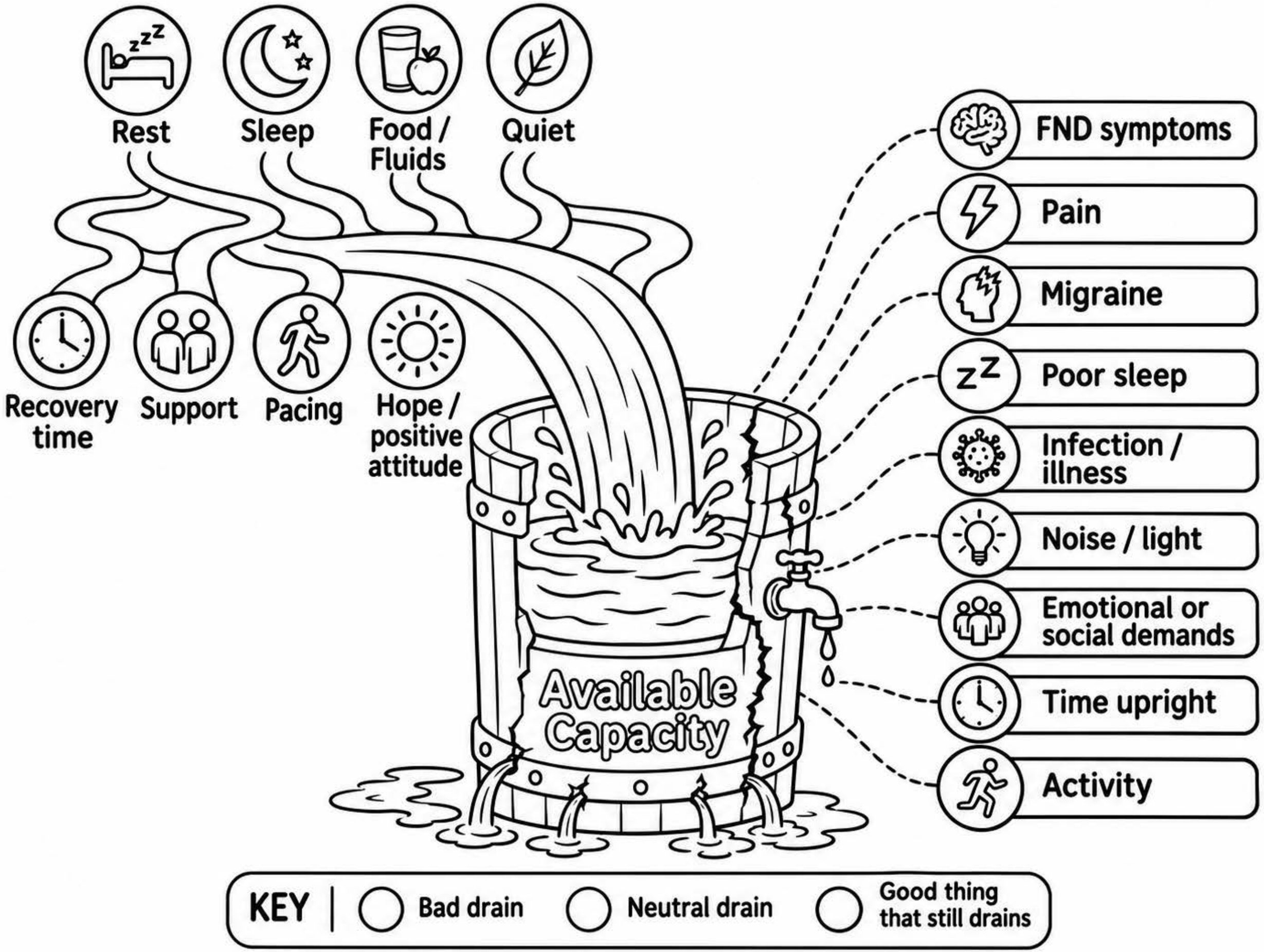

Rest
Sleep
Food / Fluids
Quiet
Recovery time
Support
Pacing
Hope / positive attitude
Available Capacity
FND symptoms
Pain
Migraine
Poor sleep
Infection / illness
Noise / light
Emotional or social demands
Time upright
Activity
KEY
Bad drain
Neutral drain
Good thing that still drains