

Activity and rest diary



Find a sustainable rhythm between demand, recovery and nourishment

Use the diary to notice the pattern between activity and recovery. Rest can be planned before exhaustion rather than earned afterwards.

TIME / FOCUS	MON	TUE	WED	THU	FRI	SAT	SUN
ACTIVITY / DEMAND							
REST / RECOVERY							
BODY & ENERGY							
WHAT HELPED							

ONE PACING CHANGE I WANT TO TRY NEXT WEEK
