

INSTRUCTIONS

- 1 Choose activities that tend to increase your pain or fatigue.
- 2 Decide how many minutes of activity and how many minutes of rest you will do for each activity.
- 3 Keep track of how you are doing (how many times did you stop yourself from overdoing it?).

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
<i>Gardening</i>		X		X		X	