

INSTRUCTIONS

- 1 Choose activities that tend to increase your pain or fatigue.
Activity 1: _____ **Activity 2:** _____ **Activity 3:** _____
- 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?).
- 4 Then record the activity-rest schedule you actually used that day for each activity
 - a. Record ratio of minutes active: minutes rested.
 - b. Write the number of cycles of activity-rest you did in parentheses. If you completed Activity-Rest-Activity-Rest, you would write (2).
 - c. Write a one- or two-word description of how you felt after the activity (e.g., rested, okay, hurt, tired, satisfied, proud).
- 5 In the row marked "Overall," write whether your activity level increased, decreased, or stayed the same for that activity over the week. Also, add up the number of pacing cycles you completed for the week and write that in parentheses. A good goal to shoot for is 3 cycles per day or 21 per week.

	SAMPLE	ACTIVITY 1	ACTIVITY 2	ACTIVITY 3
TASK	<i>Rake leaves</i>			
ACTIVE GOAL	<i>10:15 (2) rested</i>			
REST GOAL	<i>15 min</i>			
DAY 1	<i>15:15 (1) tired</i>			
DAY 2	<i>20:15 (2)</i>			
DAY 3	<i>10 min</i>			
DAY 4	<i>10:15 (3) good job!</i>			
DAY 5	<i>15:15 (3) good job!</i>			
DAY 6	<i>10:15 (1) okay</i>			
DAY 7	<i>15:15 (2) better</i>			
OVERALL	<i>Increasing (14)</i>			