Finding my baseline

A week of timing what you can do before symptoms build.

Name _____ Date _____

Choose two or three everyday activities (sitting, standing, walking, housework, screen work). Each time you do one, note how long you managed before pain or fatigue started to rise noticeably. Do not push through. You are measuring, not testing yourself.

Day	Activity	How long before symptoms rose	Good day or bad day?	Any flare-up afterwards?

Activity	Shortest time this week	My baseline (use the shortest)

Using your bad-day figure means you can keep to the plan every day.

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