My pacing plan

Set a baseline for each activity and build up from it slowly.

Name _____ Date _____

For each activity, work out how much you can manage on a bad day without a flare-up. That is your baseline. Start a little below it (about four fifths), and do that amount every time, good day or bad.

Activity	My baseline	Starting amount	How often	Rest afterwards
Walking	*10 minutes*	*8 minutes*	*Twice a day*	*5 minutes*

Building up

Increase by a small amount (around a tenth) only when you have managed the current level comfortably for a week or more.

Week	Activity and amount	How it went	Change for next week
1			
2			
3			
4			
5			
6			

What will tempt me to do more on a good day, and what I will tell myself

My plan for a bad day (do a reduced amount, not nothing)

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