



My Pacing Diary

Questions to ask yourself before starting your pacing plan.

- 1. What is most important for me to do today/ this week?**
- 2. Do I need to have everything ready to help me with my plan?**
- 3. Have I worked out my baseline? (how much I can do before the pain starts or gets too much – see last page).**
- 4. Have I told my family/ friends about my plan so they can help if needed?**
- 5. What can I learn from the pacing I've already done (good & 'bad' bits).**
- 6. Have I got the right balance between work, rest and play?**



This week's goal(s):

Day	Activity	How much/ how long did you do?	How did you feel?
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Graded Increase in Activity Plan

Example: Walking (remember you can use pacing for any activity at all).

1. Working out your baseline:

- Do as long a walk as you reasonably can (without significant distress), for 3 days in a row. Write down how much you manage each time (this might be in terms of time or distance).
- Once you have done 3 days, work out the average if you can (total number of minutes divided by 3).
- Cut the answer in half and you have your baseline. This is now the amount of minutes or times you should stick to doing your activity for before stopping/ doing something different.

2. Aim to walk your base level distance at least 5 days a week. Do not do more or less than this. Try not to alter how far you go just because you are having a good day or a bad day.

3. Walk at the baseline level for 1-2 weeks

4. If you feel you are doing quite well (your pain is not as easily wound up), then you can start to increase it by a little bit (10 %) Stick to the new baseline for another 1-2 weeks and if you're feeling like you are on the right path you can add another little bit (10%) again. **Don't give into temptation and increase your baseline by more than 10% as it might irritate your symptoms if you go about things too fast.**

5. If you have a bad day with your symptoms, please don't worry. This is quite a normal thing and the most sensible thing to do is drop your activity levels down a bit (drop it below the baseline level) to help it ease. Don't stop doing the activity, just change how you're doing it or how long you're doing it for to help it calm down. When you're ready, you can start working back up to your baseline levels and slowly beyond again.