

Worksheet: Activity Pacing

<p>Step 1: Pick a situation or activity where you overdo it.</p> <ul style="list-style-type: none"> - Think about situations, tasks or activities where you currently overdo it. - Think about future activities or situations where you might overdo it. 	<p>Step 2: Figure out how much you can do without making your symptoms worse.</p> <ul style="list-style-type: none"> - Calculate a baseline: an average of how much you can do without making your symptoms worse. - Calculate when and how long you'll need to break for. - If you are unsure it is always best to underestimate. You can build up later. 	<p>Step 3: Break the activity up into bits, create a plan for each activity, and review it.</p> <ul style="list-style-type: none"> - Think about how you can break big tasks down. - Think about other things you can do during breaks. - Did you do what you needed to do without overdoing it? If you didn't, how can you change your pacing? - Is there some way you can further improve your pacing?
	<p>Baseline:</p> <p>Break Time:</p> <p>NOTES:</p>	