

Pacing week

EXAMPLE · FICTIONAL

Pacing means spending energy on purpose. Rate the morning, plan the day against your baseline, then check the next day too: post-exertional crashes are often delayed by 24 to 48 hours.

HOW TO USE IT

1 Each morning, circle your energy and write what the day will ask of you.

2 Rate symptoms the same day and again the next day. The delayed crash is the pattern most people miss.

3 At the end of the week, look for what came before each bad day, not just the bad day itself.

WEEK BEGINNING Mon 9 March

NAME Sam

ON A STEADY DAY I CAN...

My baseline: what I manage without paying for it later.

Shower and dress with a sit-down after.

One short call. Cook something simple. 20 minutes outside on a good day.

EARLY WARNING SIGNS

What tells me I am about to overdo it.

Words come slower. Light feels too bright.

I start rushing to "get it done before I crash".

THE WEEK

One line a day. Fill "next day" the following morning.

DAY	MORNING ENERGY 0 empty · 10 full	WHAT THE DAY ASKS OF ME and roughly how much it will cost	REST TAKEN lying down, quiet, sleep	SAME DAY symptoms 0-3	NEXT DAY delayed crash 0-3	NOTES triggers, supports, wins
Mon	6	Shower, GP call (20 min)	Lay down 40 min after	1	1	Fine. Call went well.
Tue	5	Shopping with Dad (1 h)	Sofa afternoon	1	2	Legs heavy next morning
Wed	3	Nothing planned. Stayed home.	Rested most of day	2	1	Crash from Tue trip, not Wed
Thu	5	Short walk, cooked pasta	Sat after cooking	1	1	
Fri	6	Video call with friends (45 min)	Quiet evening	1	1	Good day. Did not push it.
Sat	4	Laundry only	Lay down twice	1	1	
Sun	5	Family lunch (2 h, noisy)	Left early	2		Check Mon: noise cost more than walking

What the week told me

EXAMPLE · FICTIONAL

SYMPTOMS	0	None Not present	1	Noticeable Aware of it, can still do things	2	Limits Dropped some activities	3	Stops Could not do much at all

LOOKING BACK

Which days were hardest? What happened the day before each one? What restored me?

The crash arrives the day after, not the same day. Tuesday's trip showed up Wednesday.

Noise and travel cost more than gentle movement. Sitting down straight after a task helped.

FOR YOUR APPOINTMENT

Days lost to crashes · what preceded them · what helped recovery. Three sentences is enough.

Days lost to crashes this week: one (Wed).

What preceded it: a one-hour shopping trip the day before.

What helped recovery: lying down within the hour, a quiet day after.

ONE CHANGE FOR NEXT WEEK

Small and specific. Not “rest more”.

Book outings on alternate days and plan nothing for the day after.

REMEMBER

A better morning is not permission to do more. Having energy left does not mean you have to spend it. A crash is not proof you paced badly.

NEXT WEEK, ROUGHLY

Pencil in the bigger things and leave the day after each one light. Plans can change; that is the point.

DAY	THE ONE THING THAT MATTERS	ROUGH COST low · medium · high	DAY AFTER keep it light?	NOTES
Mon	Bloods at the surgery	medium	yes	
Tue		low		Rest day
Wed	Call with work (30 min)	medium	yes	Sit, not stand
Thu		low		
Fri	Friends over (short)	high	yes	Ask them to bring food
Sat		low		Recovery
Sun	Short walk if Sat was ok	low		