

Pacing week

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 24–48 hours.

WEEK BEGINNING

NAME

ON A STEADY DAY I CAN...

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

EARLY WARNING SIGNS

What tells me I am about to overdo it.

DAY	MORNING ENERGY circle 0–10	PLANNED ACTIVITY and how much it will cost	REST TAKEN lying down, quiet, sleep	SYMPTOMS SAME DAY 0–3	SYMPTOMS NEXT DAY delayed crash check, 0–3	NOTES triggers, supports, wins
Mon	0 1 2 3 4 5 6 7 8 9 10					
Tue	0 1 2 3 4 5 6 7 8 9 10					
Wed	0 1 2 3 4 5 6 7 8 9 10					
Thu	0 1 2 3 4 5 6 7 8 9 10					
Fri	0 1 2 3 4 5 6 7 8 9 10					
Sat	0 1 2 3 4 5 6 7 8 9 10					
Sun	0 1 2 3 4 5 6 7 8 9 10					

WHAT MY BODY TOLD ME THIS WEEK

Patterns, limits, what restored me, one adjustment for next week.

FOR YOUR APPOINTMENT

Days lost to crashes · what preceded them · what helped recovery.
