

ACTIVITY PACING LOG

1. Identify several activities that tend to result in increased pain or fatigue.

Activity 1: _____ **Activity 2:** _____ **Activity 3:** _____

2. Select an activity-rest schedule that can be used for each activity (e.g., how many minutes of activity vs. how many minutes of rest). This might be the same for all activities.

3. Record the week's starting goal for being active and resting.

4. Then, for each activity, record the activity-rest schedule you actually used that day for each activity

a. Record ratio of minutes active: minutes rested.

b. In parentheses, indicate the number of cycles of the schedule you used. For example, if you repeated Activity-Rest-Activity-Rest, you would write (2) for the two cycles you engaged in.

c. Next, write a one- or two-word description of how you felt after completing the activity for that day (e.g., rested, okay, hurt, tired, satisfied, proud).

5. In the column marked "Overall," indicate whether your activity level was increasing, decreasing, or staying the same for that activity. Also, add up the number of pacing cycles you completed for the week and place in parentheses. A good goal to shoot for is 3 cycles per day or 21 per week.

ACTIVITY PACING LOG

	Sample	Activity 1	Activity 2	Activity 3
Task	<i>Rake Leaves</i>			
Active Goal:	<i>10 min</i>			
Rest Goal:	<i>15 min</i>			
Day 1	<i>10:15 (1) okay</i>			
Day 2	<i>10:15 (2) rested</i>			
Day 3	<i>10:15 (3) good job!</i>			
Day 4	<i>15:15 (1) tired</i>			
Day 5	<i>15:15 (2) better</i>			
Day 6	<i>15:15 (3) okay</i>			
Day 7	<i>20:15 (2) finished yard!</i>			
Overall	<i>Increasing (14)</i>			