

## HOW TO PACE

Estimate how long you can safely do one of your regular activities (e.g., yardwork, dishes) without causing a severe pain flare and set that minus one minute as your “active” goal time for the activity. Approximate the amount of “resting” time you will need in order to safely resume activity or continue your day.

### Remember:

- Approximated times may need to be adjusted after pacing begins.
- Stick to time-based pacing goals whether you are having a ‘good’ or a ‘bad’ pain day to avoid the crash-burn/over-activity cycle or the avoidance/inactivity cycle – moderation is the key.
- Spread out activities during the week and be reasonable with the schedule so you can succeed.

Use the table below to record how you pace activities this week. Use the sample as your guide, where each period of activity and rest equals one cycle. In the examples provided, **10 : 15 (1)** indicates *working for 10 minutes and resting for 15 minutes for one cycle* of pacing.

|             | Sample             | Activity 1 | Activity 2 | Activity 3 |
|-------------|--------------------|------------|------------|------------|
| Activity    | <i>Rake leaves</i> |            |            |            |
| Active Goal | <i>10 minutes</i>  |            |            |            |
| Rest Goal   | <i>15 minutes</i>  |            |            |            |
| Day 1       | <i>10 / 15 (1)</i> |            |            |            |
| Day 2       | <i>10 / 15 (2)</i> |            |            |            |
| Day 3       | <i>10 / 15 (3)</i> |            |            |            |
| Day 4       | <i>15 / 15 (1)</i> |            |            |            |
| Day 5       | <i>15 / 15 (2)</i> |            |            |            |
| Day 6       | <i>15 / 15 (3)</i> |            |            |            |
| Day 7       | <i>20 / 15 (2)</i> |            |            |            |