

Pacing Diary

Date:	12am	1am	2am	3am	4am	5am	6am	7am	8am	9am	10am	11am	12 pm	13 pm	14 pm	15 pm	16 pm	17 pm	18 pm	19 pm	20 pm	21 pm	22 pm	23 pm
Mon																								
Tue																								
Wed																								
Thu																								
Fri																								
Sat																								
Sun																								

0 = SLEEP

1 = REST

2 = LOW/MEDIUM ENERGY ACTIVITIES

3 = HIGH ENERGY ACTIVITIES

4 = Symptoms Exacerbation

Pacing Diary

Types of Activities Undertaken

- **High Energy Activities** (physically, mentally or emotionally demanding)

- **Low/Medium Energy Activities** (activities which are less demanding)

- **Rest** (how did you rest and recover)
