



set your  
own pace

## The Real-Time Pacing Diary

When first considering pacing, it's important to understand your current activity and energy levels. You might choose to monitor these using a real-time pacing diary.

Don't feel like you have to follow this to the letter; if it's more natural for you to write less or more, do so. The important thing is that you begin noticing your energy levels and write down any key activities that affect them.

### How to use this document

Pages 2 – 4 cover a single day. Print as many copies of these pages as needed, or use your preferred diary method to keep track of your answers. If you find that you have more activities during the day than spaces on the table, print an extra copy of page 3.

Date: \_\_\_\_\_

# My Pacing Diary

## On waking

How do you feel about your levels of emotional, mental and physical energy for the day ahead?

Do you feel emotionally rested?

Do you feel mentally rested?

Do you feel physically rested?



Date: \_\_\_\_\_

## Before bed

How do you feel about where you spent your emotional, mental and physical energy today?

Do you feel like you exhausted your emotional energy today?

Do you feel like you exhausted your mental energy today?

Do you feel like you exhausted your physical energy today?

