



set your
own pace

The Reconstructive Pacing Diary

If a real-time diary isn't feasible, you might try completing a reconstructive diary for the first two weeks of pacing. This involves sitting down at the same time every day to reflect on your activity and feelings of energy.

This diary is loosely based on the one developed by Daniel Kahneman and colleagues in 2004. You may choose to complete it at any time of day, but I'd suggest either early in the morning or in the evening. If you decide to write your diary in the morning, fill out the questions in line with the previous day's activities.

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 than spaces on the table, print an extra copy of the relevant page.

Date: _____

Evening (from 6pm until you go to bed)

What did you eat for your evening meal?

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What activities did you do?

Activity	Impact on your feelings of energy		
	Emotional	Mental	Physical

What time did you go to sleep?

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