

## PACING - WORKING OUT YOUR BASELINE

Before implementing the pacing we need to work out what activity levels you can do for how long without causing you more symptoms. This is called your baseline. Your baseline tells us what you can do that means you are comfortable. Once we have worked out your baseline, this helps us to pace ourselves (and not over-do) and slowly increase our activity levels without triggering more symptoms.

Before we monitor the baseline, it is often helpful to know what you need to do during the week and what you do for pleasure.

List all the things you need to do during the week:

List all the things that are part of your routine during the week:

List all the things you do that give you pleasure during the week:

Over the next week, please use the diary overleaf to record what you are doing and your rest periods. Remember that you need to time yourself and rate the degree of symptoms. This will help us work out when you should take a break or carry on with what you are doing. Rate your symptoms out of 10 for each activity, with 0 being no symptoms and 10 the most symptoms you have ever experienced.

So it should say something like reading 35 mins symptoms 1; walking to shop 10 mins symptoms 6, lie on sofa 60 mins symptoms 2 etc.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-7am							
7-9							
9-11							
11-1pm							
1-3							
3-5							
5-7							
7-9							
9-11							
11-1am							
1-3							
2-3							

Remember that you need to time yourself and rate the degree of symptoms. This will help us work out when you should take a break or carry on with what you are doing. Rate your symptoms out of 10 for each activity, with 0 being no symptoms and 10 the most symptoms you have ever experienced.