

Instructions

- 1 Choose a valued activity e.g. walking, running
- 2 Measure the length of time you can comfortably do this activity without a big pain flare. Repeat this activity measure 3 times, including on your good days and not so good days.

3 Take the average of these 3 times, then add all 3 and divide that total by 3.

For example

Walking Monday 10 min + Wednesday 15 mins + Saturday 5 mins = 30 mins total walking.

Divide this 30 mins total by 3 to get an average. In this example, that means an average (30/3=10 minutes).

Finally, subtract one fifth from this total:
10 mins – 2 mins = 8 mins.

This is a safe starting point for you. You walk for 8 mins each day, good day or bad.

4 Next, increase this by 10% of your baseline each week. Based on the example, for week 2 that would be 10 mins. Using pacing, your capacity to do what you love gradually increases and pain does not derail your recovery. Pacing is an effective and safe way to improve your function.

An example has been written below for you, with a blank sheet on the next page. Simply print off a new sheet when you have run out of space.



Day Number

Task	Baseline	Times per day	add 10% per week	1	2	3	4	5	6	7	8
Walking	$(10 + 15 + 5) / 3 - 20\% = 8$	Often	+ 1-2 minutes	8	10	12	14	16	18	20	22

Helpful pacing tips

Remember pacing is based on time (or reps/distances), with short breaks and not on pain.

Try pacing tasks or activities that you are confident with and that help you achieve your goals, then move on to more challenging tasks.

Be prepared to ask for help with tasks that are too difficult.

Remember that flare-ups are normal, will happen and pacing can help you to stay mobile and not let pain derail you.