

Pacing Strategies Worksheet

To assess your use of pacing strategies and to plan what to do next, complete the worksheet below. First, check the strategies you have tried already; rate them from -5 (made me much worse) through 0 (no effect) to +5 (very helpful); and check those treatments you want to try in the future. Then, using your answers, choose one or two areas to work on at a time.

	Tried Y/N	Rating -5/+5	Use in Future
Reduce activity level			
Delegate & simplify			
Set limits for individual activities			
Use short activity periods			
Switch between light, moderate & heavy tasks			
Use rule of substitution (pigs at a trough)			
Take scheduled rest breaks (pre-emptive rest)			
Pay attention to time of day			
Control sensory input			
Sit when possible			
Use devices			
Accept your limits			
Have pleasurable activities			
Use daily and/or weekly schedules			
Stay within mental limits			
Stay within social limits			
Reduce activity level for special events			