FOR CLIENTS

Activity Pacing and Energy Tracker

A reflective diary for noticing activity, rest and delayed symptoms. Pacing is individual: this record is designed to support conversations with your healthcare team, not prescribe an exercise level.

Important: Do not use this tracker to push through symptoms or increase activity without appropriate advice. Seek urgent medical help for new chest pain, severe breathlessness, fainting or other emergency symptoms.

A flexible pacing approach

- ☐ Estimate available energy without treating the number as a target.
- ☐ Include physical, cognitive, emotional and social demands.
- ☐ Plan pauses before exhaustion rather than only after it.
- ☐ Record symptoms later the same day and over the following 24-48 hours.
- ☐ Look for patterns with your GP, rehabilitation team or therapist.

Daily overview

Date and approximate sleep quality:

Available energy today (your own scale) and early warning signs:

Essential activities and planned pauses:

Support, adjustments or activities I can postpone:

Activity and symptom record

Notice immediate and delayed effects

Time	Activity or rest	Type	Effort before / after	Symptoms now	Symptoms later

Review

What seemed manageable? What may have contributed to a delayed change in symptoms?

What would I like to discuss with my healthcare team?