



## **Pacing Guide**

This sheet shows an example of how you can structure a paced approach to different activities. You may prefer to use an 'App' (a phone application). These 'Apps' are often freely downloadable from iTunes and can be programmed to suit your activity levels and makes it easy to use on a daily basis and keep a record of your progress.



### PACED ACTIVITY SHEET

Tasks	Take Measure 1	Take Measure 2	Take Measure 3	Baseline [Total 1+2+3]/3-20%*	How many Times/day	Pacing [add 10%]	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<i>e.g. sitting</i>	25 min	20 min	15 min	16 min	x often	+ 1-2 min							
<i>e.g. lifting</i>	15 kg	22 kg	13kg	13kg	Daily	+ 1.5 kg							
<i>e.g. walking</i>	30 min	25 min	35 min	24 min	x 1 daily	+ 2.5 min							
<i>e.g. garden</i>	10 min	18 mins	7 mins	8 min	x 2 week	+ 1 min							
REST				5 min	Hourly	Maintain							
STRETCH				5 min	x 3 daily	Maintain							
RELAX				1-2 mins	x lots during day	Maintain							

\* Instructions: (i) add the 3 'task' measures; (ii) Divide this total of the measures by 3; (iii) Take 20% off this total to create baseline; (iv) Add 10% to increase in a paced way. **TIP:** use the calculator on your phone to do these sums!



## Helpful Tips for Pacing Activities

- **Start pacing activities that are easier.** Leave the activities that are too hard for now and come back to them or note them as goals for the future. Set yourself up for success and try the less difficult tasks first.
- **For those activities that you cannot leave, it is most important that you try to pace yourself as much as possible.** Take short rest breaks as often as possible. Incorporate all your pacing principles to get them accomplished.
- **Remember it is good to ask for help with specific tasks.** Delegate those tasks that are too difficult to tackle right now, and offer to do the less difficult ones.
- **Work with the environment.** If it is hot or raining (winter or the wet season), an alternative is do your paced walk in a local shopping centre (where it is usually air-conditioned).
- **Keep to your targets and goals as much as possible.** This will mean that you, and not your pain, will decide how much you do. If you are having a bad day, try to keep going as you have planned but pace yourself more (that is, take more rest breaks). If you are having a good day try not to be tempted to do more, to avoid overdoing it.
- **Remember that setbacks or flare-ups will happen** from time to time. It is important that you have a plan and use it at these times to avoid slipping back into unhelpful ways of coping. Cut back your activity and put in more rest breaks, then plan to return to your normal activity as soon as possible as the pain subsides.