

The Pacing Game

This worksheet will help you keep track of your energy and pacing. Walk through this worksheet and use your daily pain level to help you decide how many activity points you get for the day. The more pain you are in the less points. You can gain energy points by pacing/resting or doing other activities that you have found help you have more energy and less pain. Feel free to customize this worksheet to your experiences or you can use the “recommended” numbers already in the chart!

Today my pain is a:

(rate your pain from 0-10 to see how many activity points you get:

Pain 0-10	“Activity Points” I Get	Customize Points if you want!
0	1000	
1	900	
2	800	
3	700	
4	600	
5	500	
6	400	
7	300	
8	200	
9	100	
10	Rest Day	

If I relax I get

Keep in mind if you rest BEFORE you get too tired or feel you are going to crash you can get even more activity points! (add a certain amount of activity points to your remaining total each time you take a break):

Time Rested (after being up for at least 2 hours)	Points Gained	Customize Points If you Want!
15 Minutes	50 points	
30 Minutes	75 points	
45 Minutes	85 Points	
1 Hour	100 Points	

What else helps me get back points?

(ex. Taking Medication, seeing chiropractor ect)

Activity	Points Gained
Example: Taking Pain medication	100

My Top 15 Activities Take HOW MANY POINTS?!

List typical activities you do during the day or special activities you want to do and take note of how many activity points they typically take. Note that the points an activity takes may vary depending on the amount of pain you are in and that should be considered and written down as well.

Name of Activity	Points it Takes
Example: Walking the dog	<ul style="list-style-type: none">● When pain is 1-5 it takes 100 points● When Pain is 5-8 it takes 200 points● Should not walk dog when over an 8 in pain

