Energy and Pacing Tracker

See what each day costs you, and pace yourself before the crash.



WHY PACING HELPS

With fatigue, a busy day often costs more the next day. A traffic light for each part of the day shows which activities are easy, medium or hard for you. Over a few weeks you can see what comes before a crash, and plan rest before you need it.

A crash a day or two after effort is sometimes called post-exertional malaise.

FOUR SMALL STEPS

Plan	On a good day, write your pacing plan.
Mark	Write the main activity for each part of the day and tick its color.
Check	Each morning, note any payback from yesterday.
Review	At the end of the week, look at what came before each crash.

THE TRAFFIC LIGHT

- ☐ **Easy** — Little effort. I could do it again.
- ☐ **Medium** — Took some effort. I needed a short rest.
- ☐ **Hard** — Took a lot. I felt it after.

New to pacing? If you are not sure of your baseline, guess low. After two weeks, look back and adjust.

WEEK OF

Monday, March 9

easy medium hard

1 Traffic light week

Write the main activity, then tick how hard it was.

	MORNING	AFTERNOON	EVENING	ENERGY AT BEDTIME	NEXT DAY PAYBACK?
Mon *Mar 9*	*Shower and dress* *sat down after* ☐ easy ☑ medium ☐ hard	*Work from home* *2 hours, breaks* ☐ easy ☑ medium ☐ hard	*Sofa and audiobook* ☑ easy ☐ medium ☐ hard	●●●○○	**none** some crash
Tue *Mar 10*	*Doctor visit* *bus, 2 hours out* ☐ easy ☐ medium ☑ hard	*Nap* *45 minutes* ☑ easy ☐ medium ☐ hard	*Soup for dinner* ☑ easy ☐ medium ☐ hard	●●○○○	none some **crash**
Wed *Mar 11*	*Stayed in bed* ☑ easy ☐ medium ☐ hard	*Short shower* ☐ easy ☑ medium ☐ hard	*TV, lights low* ☑ easy ☐ medium ☐ hard	●●○○○	**none** some crash
Thu *Mar 12*	*Emails* *1 hour* ☐ easy ☑ medium ☐ hard	*Lie down* ☑ easy ☐ medium ☐ hard	*Cooked pasta* ☐ easy ☑ medium ☐ hard	●●●○○	none **some** crash
Fri *Mar 13*	*Slow morning* ☑ easy ☐ medium ☐ hard	*Video call* *30 minutes* ☐ easy ☑ medium ☐ hard	*Quiet evening* ☑ easy ☐ medium ☐ hard	●●●●○	**none** some crash
Sat *Mar 14*	*Grocery run* *busy store* ☐ easy ☐ medium ☑ hard	*Rest* ☑ easy ☐ medium ☐ hard	*Movie with Sam* ☐ easy ☑ medium ☐ hard	●●○○○	none some **crash**
Sun *Mar 15*	*Slept in* ☑ easy ☐ medium ☐ hard	*Sat outside* *15 minutes* ☑ easy ☐ medium ☐ hard	*Early night* ☑ easy ☐ medium ☐ hard	●●●○○	none some crash

Bedtime: fill 1 dot for very low, 5 for good. Payback: fill it the next morning.

My pacing plan

Fill this in on a good day, when you can think clearly.

MADE ON

1 My baseline

What I can do on a normal day without a crash

STANDING

about _____ minutes

WALKING

about _____ minutes

SCREENS OR READING

about _____ minutes

TIME WITH PEOPLE

about _____ minutes

2 My early warning signs

Tick the ones you know. Add your own.

- Heavy arms or legs
- Brain fog
- Sore throat
- Headache
- Wired but tired
- Short temper
- Noise bothers me
- Clumsy

Other

3 My stop rule

What I do when a sign shows up

When I notice

I will stop and

Even if

4 Rests I will schedule

Rest before you feel you need it.

WHEN	WHAT KIND	HOW LONG
	lie down · quiet · eyes closed	
	lie down · quiet · eyes closed	
	lie down · quiet · eyes closed	
	lie down · quiet · eyes closed	
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Weekly review

Ten quiet minutes at the end of the week.

WEEK OF

1 My week in colors

Count the ticks on your week page.

Easy	Medium	Hard	Crash days

2 Before each crash

What happened in the day or two before?

CRASH ON	THE DAY OR TWO BEFORE

3 What helped me recover

4 Next week I will

5 Is my baseline still right?

Yes, keep it · Lower it for now · Raise it a little

FOR MY NEXT APPOINTMENT

Questions or changes to raise with my doctor, therapist or care team.

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