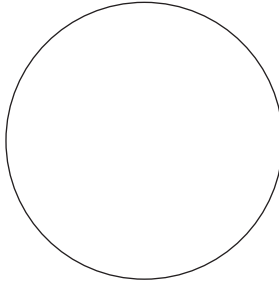


SETTING TARGETS

We have left two blank pie charts for you to complete on the next two pages.

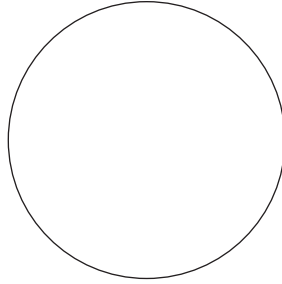
Pie Chart (A)



- Use the lines below to write out what your life *currently* looks like.
- Use the pie chart to divide your activities into segments.

OVERCOMING CHRONIC FATIGUE

Pie Chart (B)



Use the space below to write out how you would like your life to look. For example, if you have noticed in your first pie chart that there are areas missing or too much or too little time spent on certain activities, then think about changes you would like to make.

Using this information, write down changes on your pie chart that you want to make and apportion a percentage to it.
