



## REVIEW YOUR PACING DIARY

Have a look at what you have written in your diary and answer these questions:

How much activity did you do each day?

\_\_\_\_\_ hours or minutes

How much time did you spend resting, sitting or lying down each day?

\_\_\_\_\_ hours or minutes

How many hours were you asleep each day?

\_\_\_\_\_ hours or minutes

Did you manage to do the things you needed to do?  
If yes which ones?

\_\_\_\_\_

How much effort did your activities take on a scale of 0 \_\_\_\_\_ 10 (see scale on page 138)?

Do you think your current pacing style is mainly **underactive**, like Mo's, or **overactive**, like Jim's, or a **mixture** of both styles?

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