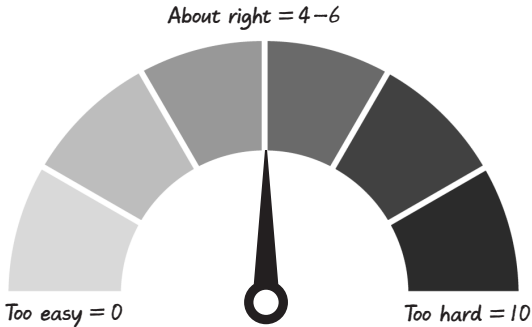


Effort Scale For Pacing Activities and Goals



Rate your effort level for an activity on the scale below

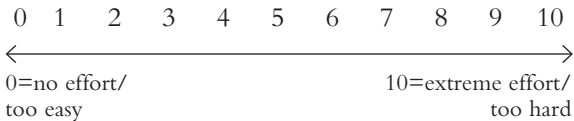


Figure 1. Effort scale

Give an effort level to the activities you pace. If your score is between 4 and 6 then this is the balanced range of effort to succeed.

If effort level on scale is:

3 or less spend more time on the activity
and/or do it with more speed or effort

8 or more reduce it with more breaks *and/*
or shorter time for activity

Balancing the body and mind together on activities helps do what *you* want to do. This will help you to control your pain and life with more success and less stress and to move on in your life journey.

Give pacing a go – start with a pacing plan and reward yourself for achieving a helpful habit for life.

My Footstep action plan

ABC questions to pace activities:

- A. What **A**ctivities can I pace today or this week?
- B. How long before I take a **B**reak/s? _____ minutes
- C. **C**heck the effort level on the scale.