

My daily pacing plan



Use this in conjunction with *Pacing – a really useful skill for people with pain*, from Live Well with Pain

Activity	On a good day	On a bad day	On an average day	Number of times per day	Effort scale level (0-10)
Standing and cooking	10 mins	5 mins	7 mins	5	6
Lying down for a rest	15 mins	60 mins	25 mins	2	1
Walking	5 mins	2 mins	3 mins	3	5-7