

# Pacing Yourself Worksheet

## Learning to pace yourself by making a plan

Pacing yourself is an important part of managing your MS and working with your body's needs. Time-based pacing teaches your body a helpful rhythm of activity and rest. It may help you improve physical functioning, reduce the likelihood of flare-ups, and feel less pain and fatigue.

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### Step 1

Choose a task

Pick a task you want or need to do. Start with a simple task before trying harder ones. For example, you may want to make a pacing plan for vacuuming one room instead of cleaning the whole house.

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### Step 2

Figure out a pacing rhythm that helps you do this task

#### Estimate how long you can do the task and still feel okay.

- If you are not sure how long is safe, see how much you are able to do over the next few days. You may also want to talk with your healthcare provider about how much is safe for you to do
  - Your safe timeframe is how long you can do a task and still feel okay before you start to feel more pain and fatigue
  - Estimate how long you need to rest before you start
  - Switch between doing the task and resting
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### Step 3

Share your pacing plan

Share your pacing plan with your healthcare provider. He or she may be able to suggest additional ways to adjust your plan so that it meets your individual needs and has the right balance of activity and rest for you right now.

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### Step 4

Try, review, and revise your pacing plan as needed

Try your plan for 3 to 4 days. This should give you enough time to find out how well it works for you. Review how you did with your pacing plan. Revise the plan until it works for you. If you did your task and:

- **Feel okay**, try increasing your activity time slightly for a new 3- to 4-day period
  - **Feel worse**, reduce your activity intensity, but be active for the same amount of time and then work back to your first goal
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**Use the work sheet on the next page to help you make a pacing plan.**

# Pacing Yourself Worksheet

Follow the instructions on page 1 to build your pacing plan.

DAY	TASK	ACTIVITY TIME	REST TIME	TRY, REVIEW, AND REVISE
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				