



Creating a Pacing Plan

A Pacing Plan will help you to **gradually increase** how long you can do an activity. This method helps prevent overdoing it and lowers the chance of pain flare-ups. The aim is to keep a doable level of activity without causing more pain or fatigue.

To start, you will select the activity you would like to increase and then indicate your current "baseline". **Your baseline is how long you can currently do the activity comfortably without causing a flare-up.**

You can create a pacing plan for any activity that you want to do longer without experiencing a flare-up. Some examples are:


- Sitting (e.g., at the computer, at a movie)
- Standing (e.g., giving a presentation, waiting in a line)
- Walking or other forms of exercise
- Social activities
- Doing Chores

Step 1: Pacing Activities

1. What activity would you like to increase?

2. What is your baseline?

3. Find your baseline in the Goalistics Pacing Plan Chart and enter your weekly targets below:

PACING PLAN CHART										
										
	Starting Point: 80% of Baseline	Increase each week by 10%	Increase each week by 10%	Increase each week by 10%	Increase each week by 10%	Increase each week by 10%	Increase each week by 10%	Increase each week by 10%	Increase each week by 10%	Increase each week by 10%
BASELINE	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
3.00	2.5	2.5	3.0	3.5	3.5	4.0	4.5	5.0	5.0	6.0
5.00	4.0	4.5	5.0	5.0	5.5	6.5	7.0	8.0	9.0	10.0
7.00	5.5	6.0	7.0	7.5	8.0	9.0	10.0	11.0	12.0	13.0
10.00	8.0	9.0	10.0	11.0	12.0	13.0	14.0	16.0	17.0	19.0
12.00	9.5	11.0	12.0	13.0	14.0	15.5	17.0	19.0	20.5	22.0
15.00	12.0	13.0	14.5	16.0	17.5	19.0	21.0	23.0	26.0	28.0
17.00	14.0	15.0	16.5	18.0	20.0	22.0	24.0	26.0	29.0	32.0
20.00	16.0	17.5	19.0	21.0	23.5	26.0	28.0	31.0	34.0	38.0
22.00	17.5	19.0	21.0	23.5	26.0	28.0	31.0	34.0	38.0	41.0
25.00	20.0	22.0	24.0	26.5	29.0	32.0	35.6	39.0	43.0	47.0
30.00	24.0	26.5	29.0	32.0	35.0	38.5	43.0	47.0	51.5	57.0

Week 1:

Week 2:

Week 3:

Week 4:

Week 5:

Week 6:

Week 7:

Week 8:

Week 9:

Week 10: