My daily pacing plan

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

www.my.livewellwithpain.co.uk

Activity	On 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

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