1. I want to try pacing with:

2. What is the easiest way to break this activity down?

SCHEDULE PACING:

Over the next few days, keep track of how long you can do an activity before you feel pain or fatigue.

3. When I do my activity, I start to feel tired or pain after [   ] minutes.

4. Adding in a buffer, I should take a break every [   ] minutes.

5. During my break I will:

6. What obstacles to pacing might get in the way?

7. I'll overcome these challenges by:

kelty's key