**Pacing Diary — Weekly Planner**

Balance activity and rest to avoid the boom–bust cycle. Spread tasks across the week and plan rests before and after harder items.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Day** | **Enjoyable (hobbies/social)** | **Routine (meals/chores)** | **Necessary (work/appointments)** | **Planned Rest (before/after)** | **Energy Budget (spoons/mins)** | **Notes / Symptoms** |
| Monday |  |  |  |  |  |  |
| Tuesday |  |  |  |  |  |  |
| Wednesday |  |  |  |  |  |  |
| Thursday |  |  |  |  |  |  |
| Friday |  |  |  |  |  |  |
| Saturday |  |  |  |  |  |  |
| Sunday |  |  |  |  |  |  |

**Tips:** Keep one or two “spoons” spare each day; rest before you need to; review weekly and adjust. Notice unhelpful ‘shoulds’ and celebrate small wins.