**ACTIVITY, REST & SLEEP DIARY – demonstrating a PACED pattern of activity**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Week beginning: \_\_\_­­­­\_\_\_­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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|  | **Morning (am)** | | | | | | | | | | | | | | | **Afternoon and Evening (pm)** | | | | | | | | | | | | | | | | | **Day Score**  **1-10** |
| **12** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | | **11** | **12** | | **1** | | **2** | | **3** | **4** | | **5** | | **6** | **7** | | **8** | | **9** | **10** | **11** |
| **Mon** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  |
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| **Tues** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  |
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| **Wed** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
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| **Thurs** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  |  | |  |  | |  |  |  |  |  |  |
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| **Fri** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  |
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| **Sat** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  |
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| **Sun** |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |  | |  | |  |  |  |  | |  |  |  |  | |  |  |  |  |
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**Key: High Activity** ⬜ **Low Activity** ⬜  **Rest** ⬜ **Sleep** ⬜ **Restless sleep** ⬜

**Key:** **High Activity: drains energy quickly**

**Low Activity: drains energy more slowly**

**Rest: resting your mind and your body**

**Sleep: sleeping soundly**

**Restless sleep: is the intention to sleep but maybe disturbed by pain, thoughts, noise**

**Score: Complete the score at the end of each day. 1 (worst day) – 10 (best day)**

**This Activity Diary shows the use of PACING. Here the total amount of HIGH activity (28 hours) is arranged in shorter bouts followed by REST and interspersed with LOW activity. This helps to balance the energy use and allow for recovery time. The balance is further helped by following a HIGH activity with REST or LOW activity which is a different type (e.g. cognitive if the previous activity was physical etc.) There is a regular time to get up and go to bed.**