

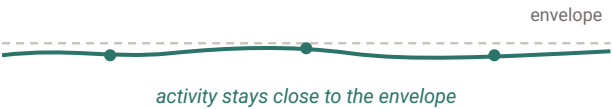
Pacing is the daily skill of matching what the day asks to what the body has available.

One framework that describes this is energy envelope theory. The envelope can vary day to day, and the consequences of exceeding it are often delayed. Tracking activity against energy, even briefly, can help the envelope become visible.

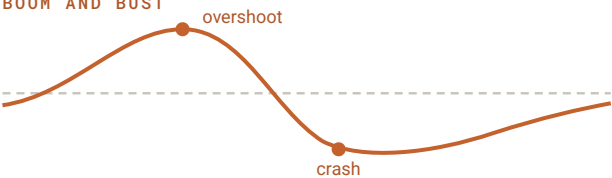
i This is a tracking tool, not a homework task. The goal is information about the body’s actual envelope, not adherence to a routine. A week of tracking can be enough to start seeing a pattern. There is no right way to fill it in.

THE CENTRAL PATTERN

ENVELOPE-AWARE PACING



BOOM AND BUST



ENVELOPE-AWARE PACING

What matching activity to capacity looks like

- Activity is planned around what is **available today**, not what the day asks for
- Good days are used cautiously, not maximally
- The body’s **early signals** get noticed before the late ones arrive
- Activity aims to stay steady, with fewer big peaks and dips

BOOM AND BUST

What pushing through the envelope produces

- On a good day, the urge is to do everything that has been waiting
- A crash can arrive **hours or days later**, out of proportion to the activity
- Recovery time can take up a **large part** of the week
- Each cycle can reinforce the sense that the body cannot be trusted

WHAT PAGE 2 TRACKS ACROSS SEVEN DAYS

A week of entries can start to show a pattern. The data is the point. What appears on the page is information about the actual envelope, which is often different from the envelope assumed in the head.

1 THE ACTIVITY

What you did that day

The main activity that mattered. Could be physical, cognitive, or emotional.

2 ENERGY PRE

What you started with

A 1 to 10 rating before the activity. Honest, not aspirational.

3 ENERGY POST

What was left after

A 1 to 10 rating after the activity. The difference is the cost.

4 THE CRASH

Did a crash follow the next day

Yes or no. If a crash comes later than the next day, add it to Notes.

5 PATTERNS OVER TIME

What the week shows

Which activities crashed the body; which felt sustainable; which signals the body sent that were noticed; which were missed. The pattern is the data.

WHAT ONE ROW MIGHT LOOK LIKE

DAY & DATE	MAIN ACTIVITY	ENERGY PRE	ENERGY POST	CRASH NEXT DAY	NOTES
Sat	Big garden clean-up, felt good so kept going	7	3	No	Crash landed two days later, noted here

REMEMBER Pacing is not the same as doing less of everything. It is matching activity to today’s actual capacity. **Part of the skill is not overdoing it on a good day.** The behavioural side is teachable; the harder part is often the grief and identity work underneath it.

Track for a week. Look at what the data shows. Adjust from there.

Jason, L. A., Brown, M., Brown, A., et al. (2013). Energy conservation/envelope theory interventions to help patients with myalgic encephalomyelitis/chronic fatigue syndrome. *Fatigue: Biomedicine, Health & Behavior*, 1(1–2), 27–42. · Sanat-Hayes, N. E. M., Hayes, L. D., Buchan, D., et al. (2023). A scoping review of “pacing” for management of myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS). *Journal of Translational Medicine*, 21, 720.

Energy envelope tracker



Track activity, energy before and after, and any crash that follows the next day.

A week can be enough to start seeing a pattern. The aim is information about your actual envelope, which is often different from the one assumed in advance.

Energy ratings use a **1 to 10 scale** (1 = empty, 10 = full). The main activity is the one that mattered for that day. The crash column is yes / no for the day after. Note any later crash in Notes.

DAY & DATE	MAIN ACTIVITY	ENERGY PRE	ENERGY POST	CRASH NEXT DAY?	NOTES
Mon date:					
Tue date:					
Wed date:					
Thu date:					
Fri date:					
Sat date:					
Sun date:					

PATTERNS I NOTICE

What does the week show

Which activities crashed the body. Which felt sustainable. Which surprised you, either direction.

EARLY SIGNALS

What did my body try to tell me

The signals that arrived before the crash, that I noticed or missed. These are the data for next week.

A NOTE FOR NEXT WEEK

The data is the point, not the discipline. **The aim is to see the actual envelope, then adjust around it.** If a particular day's crash points to a specific activity, that is useful. If the envelope is smaller than expected, that is also useful.

WHEN YOU HAVE TRACKED WHAT YOU CAN

Bring it into a session, or share it with someone you trust.

Your tracker is useful information whether or not you are currently in therapy. If you would like to talk it through, the Meet and Greet is a short call to see if we are the right fit.

MEET AND GREET

- Free
- 15 minutes
- Online or in-person
- No obligation