

Worksheet 3.1b

Pacing

Use the activity log below to keep a record of your activity levels. Shade each block of time according to whether you are sleeping (blue), resting (green), moderately active (yellow) or undertaking a demanding activity (red).

	AM											PM												
	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																								
Tues																								
Wed																								
Thurs																								
Fri																								
Sat																								
Sun																								

	AM											PM												
	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																								
Tues																								
Wed																								
Thurs																								
Fri																								
Sat																								
Sun																								

Sleep (blue)
 Rest (green)
 Moderate activity (yellow)
 Demanding activity (red)