|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Morning |  |  |  |  |  |  |  |
| Afternoon |  |  |  |  |  |  |  |
| Evening |  |  |  |  |  |  |  |

You could colour code your activities on each day e.g. low intensity, medium intensity and high intensity in terms of the amount of energy they require and perhaps the amount of recovery time you require after doing them – then you can see how well you are pacing yourself.

Or

My Weekly Pacing Diary