PACING CHARTS

These charts are helpful for comparing your symptoms, feelings, and smartwatch data. This way, you can more quickly determine which data is normal for you and which is unusual. The nutrition chart helps you determine whether your diet might also be causing symptoms. You will see the dutch Activiteitenweger that I freely translated to the activity scale. An occupational therapist teaches us dutchies how to use it. I was not able to find an English explanation. I will do my best to explain it here:

Activity scale explanation

First you write down everything you do during the day at the time you do it. To make scoring the activities easier, try to do things in increments of 15-30-45 or 60 minutes.

You can for example decide to score per 15 minutes but to keep it simple, stick to the scoring used in the example. (above the chart on the right)

Make a list of activities you consider rest, light, mild or heavy if done for an hour (if you score per hour). For example drawing may feel like rest if done for a few minutes but if you do it for an hour it doesn't feel like rest anymore. Stick to your list and not how an activity feels in the moment.

After a few days you can determine what a good amount of points is for you to stay below. You can share your days with an occupational therapist or with a group like a Facebook group for people with ME or long covid. Other people can help you see where you may be overdoing activities, where you need more rest or how you can otherwise adjust your activities to help you pace better. This tool should help you know how many activities you can do and for how long. You don't need to use the charts forever.
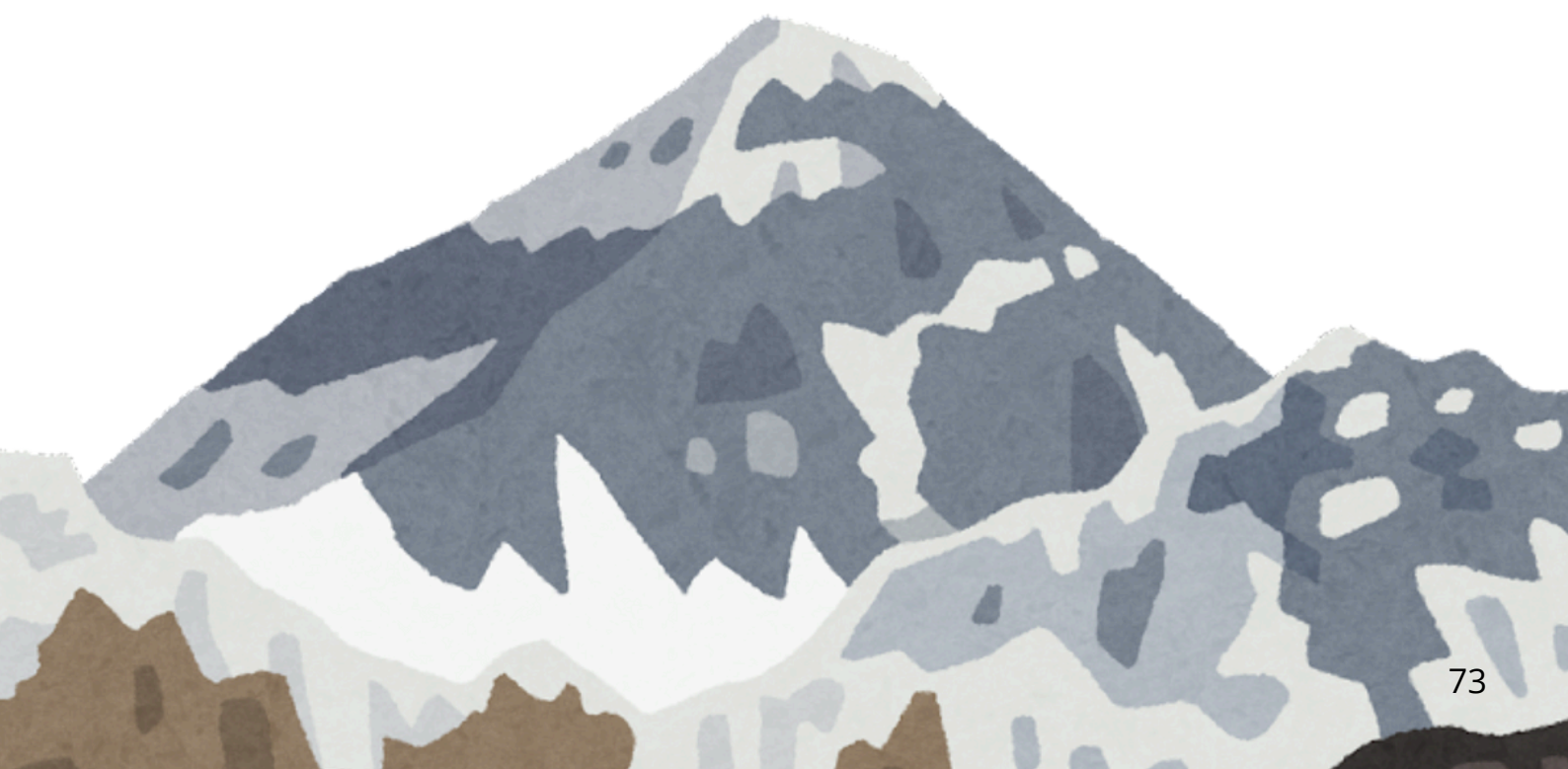
Date:

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
HRV/ Body BB																															
Night HR																															
Energy 1-10																															
stress score																															
Steps																															
Acitivies and Notes																															

Symptoms:

Realizations

I started in the middle of this month, so I could immediately fill in two weeks. After staring at this data for a while, I could tell that my resting heart rate is 49 when I'm doing well. I also see that I experience two dips in my HRV when I've taken more than 2,000 steps. When my HRV reaches 40, I don't think I have PEM (I haven't had any full on PEMS this month!), but things aren't going well either. I find that I don't schedule many recovery days between visits and other tiring activities. Furthermore, I find my symptoms quite stable. After learning these things about myself, I am able to realize much more quickly that I need to take it easier. I also know better what to pay attention to so I don't push myself too hard. That's great!

Symptomen:	Activities and Notes (To much)	Steps +2000	stress score +25	Energy 1-10	Night HR	HRV/ Body BB	Juli Date:
		1400	28	5	52		1
	Tidying	2400	27	3	51		2
	Tidying	1600	24	3	53		3
	Cleaning lady	1900	23	3	49		4
		1000	22	4	49		5
		800	22	5	49		6
		1500	22	4	49		7 Mo
		2100	21	5	50		8
	Visited for 1,15 hour	1900	22	6	50		9
		1200	25	5	51		10
		600	22	6	51		11
		900	21	7,5	53		12
	Birthday at our house, 2 hours lying	2100	22	8	50		13
		1400	20	7	49		14 Mo
Exhausted	Osteopath + brought by car	1100	21	7	49		15
		1100	22	6	49		16
	Tidying, hobbies sitting (for to long)	1500	21	6	51		17
	Psychologist, cleaning lady	900	31	5	51		18
	Neighbors drilling all day	1200	21	4	51		19
	Visited 30min, visited again 30min	1500	23	5	51		20
Exhausted		800	24	6	53		21 Mo
		1400	22	7	51		22
	Calling a friend 50 min	1300	23	5	51		23
	Psychologist	2000	22	6	49		24
		1100	2	5	5		25

Date:

Adjusted activity scale

Activity score **per**
Rest: Light: Moderate: Heavy:

Time	Activities	Heart rate	score
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			

Total:

A recovery day

With an occupational therapist I had already determined that staying below 22 points would be good for me. On this day that went well. I wanted to recover from a high resting heart rate and a drop in HRV after having too many visits (see previous graph). I alternated moderate and light activities well. I even rested without stimulation, something I don't enjoy doing. Due to the low air pressure during the storm, I also fell asleep for an hour. I'm very satisfied with this day. The next day, my HRV and resting heart rate were better.

A not so great day but not in a PEM

Date: 21-07-2025 Laure Wiggers

Activity score **per** **Hour**
Rest: **0** Light: **1** Moderate: **2** Heavy: **3**

Adjusted activity scale

	Time		Activities	Heart rate	score
Rest Rest without stimulation	6				
Light Lying Screen Time	7	:30	L awake, lying slightly more upright, screen time	63	0,5
	8	:00	Z getting dressed and so on	74	1,5
		:30	L lying downstairs + screen time	65	0,5
Moderate Sitting	9	:00	M breakfast - sitting	80	0,5
		:15	L lying down + screen time	61	0,75
Heavy Standing	10			55	1
	11	:00	M second breakfast + loading and unloading dishwasher sitting	81	0,5
		:15	R Lying rest with earplugs and eye mask	53	0
	12	:00	M Record a video explanation for someone	70	0,5
		:15	R Lying rest with earplugs and eye mask	59	0
	13	:00	L lying down + screen time	60	0,25
		:15	M Lunch	80	1
		:45	L lying down + screen time	60	0,25
	14				1
	15				0,75
		:45	M ordering groceries (sitting and walking around)	74	0,5
	16	:15	L lying down, chatting and cuddling with boyfriend	60	0,5
		:30	M fruit snack and sitting chat	59	0,25
	17	:00	L lying down + screen time	51	0,5
		:30	M dinner	81	1,5
	18	:15	L lying down + screen time	62	1,5
	19	:00	R Falling asleep due to low air pressure/rain storm 1006mbar	61	0
	20	:00	L lying down + screen time	59	1
	21	:00	L Gaming while lying down	55	1,25
	22	:15	Z getting ready for bed	52	1,5
		:45	In bed		

Total:
17,25

Nutrition & symptom chart

Time	Heart rate	Food	Symptoms
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			

Pizza

On this day, I ate a slice of pizza in the evening because my boyfriend's pizza smelled really good. Pretty soon, I bloat and get a stomachache. This way it's pretty clear what caused the symptoms, but you can also experience symptoms 24 or even 48 hours later. For example, the next evening, I had incredibly itchy lower legs for fifteen minutes. For me, that's a symptom of MCAS. I didn't know before that a slice of pizza could trigger this reaction.

Nutrition & symptom chart

Time	Heart rate	Food	Symptoms
6			
7			
8:00	59	SPeanuts, rice, coconut milk, galangal (a spice) chickpeas, smoked tofu	
9	60		9:25 Belly gurgling
10			
11			
12:30	56	Breakfast + peanuts + prawn crackers house brand	
13			
14			
15			
16:03	63	blueberries, 2 pieces of pineapple Frozen ->	16:14 I was cold
17:11	54		
18:30	56	Cavalo nero, spinach, pumpkin, garlic, rice, paprika, Cooking fat (flower farm), chickpeas	
19			
20:33	56	Pizza point -> WHEAT	20:50 Uncomfortable
21	57		21:15 bloating
22			belly ache nauseous