

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:

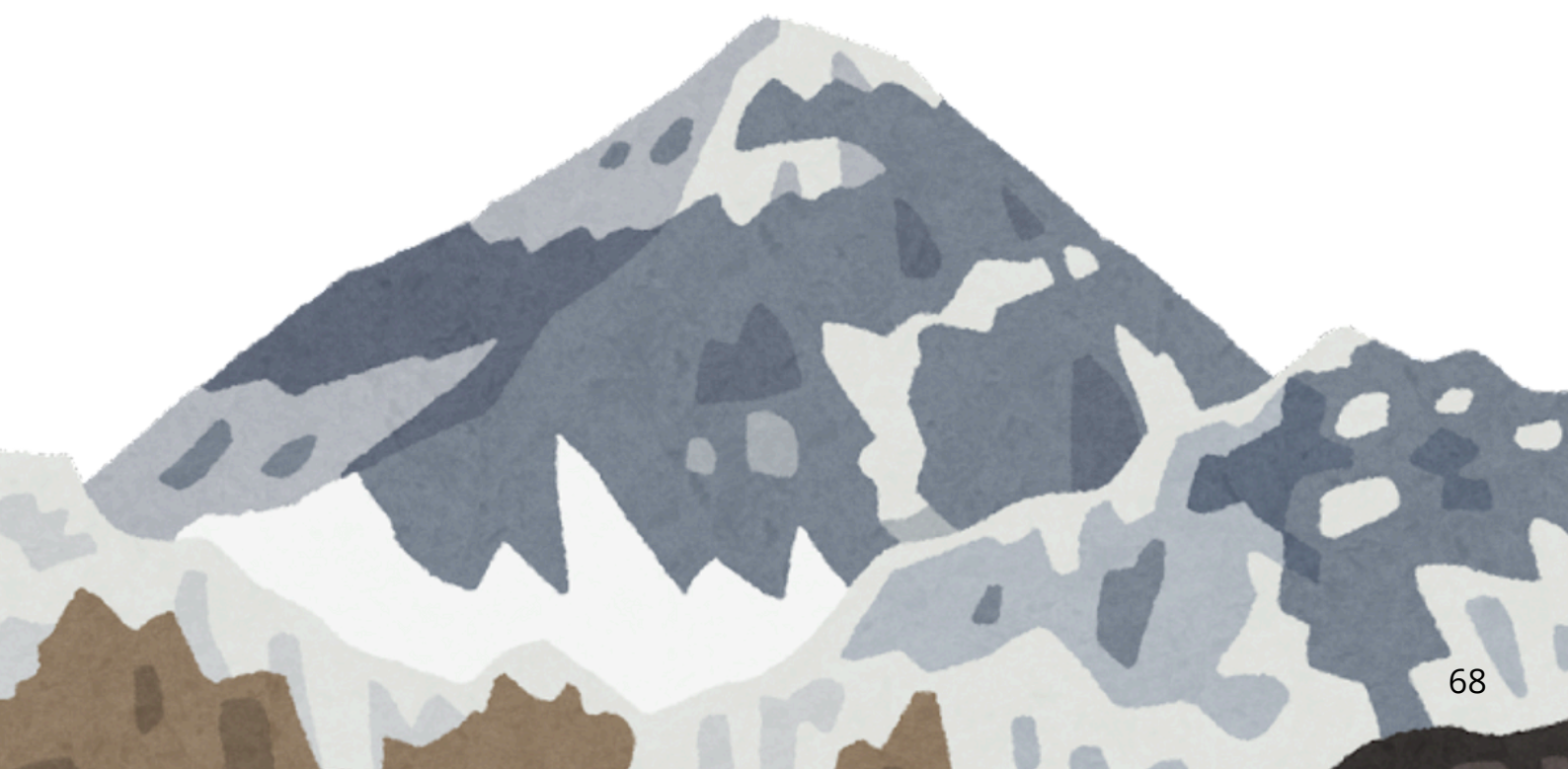
Activity scale explanation

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.



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!

[illegible]

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

Adjusted activity scale

Rest: 0 Light: 1 Moderate: 2 Heavy: 3

| | 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 |
| | 8 :30 | L lying downstairs + screen time | 65 | 0,5 |
| Moderate Sitting | 9 :00 | M breakfast - sitting | 80 | 0,5 |
| | 9 :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 |
| | 11 :15 | R Lying rest with earplugs and eye mask | 53 | 0 |
| | 12 :00 | M Record a video explanation for someone | 70 | 0,5 |
| | 12 :15 | R Lying rest with earplugs and eye mask | 59 | 0 |
| | 13 :00 | L lying down + screen time | 60 | 0,25 |
| | 13 :15 | M Lunch | 80 | 1 |
| | 13 :45 | L lying down + screen time | 60 | 0,25 |
| | 14 | | | 1 |
| | 15 :45 | M ordering groceries (sitting and walking around) | 74 | 0,75 |
| | 16 :15 | L lying down, chatting and cuddling with boyfriend | 60 | 0,5 |
| | 16 :30 | M fruit snack and sitting chat | 59 | 0,25 |
| | 17 :00 | L lying down + screen time | 51 | 0,5 |
| | 17 :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 |
| | 22 :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 |
| | | | |