|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Decision:Going to Gymnastics | Epically negative impact-3 | Very negative impact-2 | Somewhat negative impact-1 | No impact0 | Somewhat positive impact+1 | Very positive impact+2 | Epically positive impact+3 |
| Emotional- Your thoughts and feelings, mood etc (short term) |  |  |  |  |  | Very fun and a sense of achievement |  |
| Social- interactions with others |  |  |  |  |  | I have lots of friends there, and we have a laugh |  |
| Symptoms- changes to your ‘normal’ levels of pain , fatigue, anxiety, stress etc | Big increase in fatigue, high dislocation risk, the gym is hot so my PoTS flares. |  |  |  |  |  |  |
| Recovery Time – How long will any effects of this activity last.  |  | The day after is usually a write off, high pain and fatigue. |  |  |  |  |  |
| Long Term Health implications- Impact on physical fitness, possibility of flare up etc.  |  |  |  |  |  | Increase in muscle tone, cardiovascular fitness and stamina |  |
| Other concerns-The impact on other people, the financial implications etc. |  |  |  | It does cost me to get in but I get to do a mutual activity with my partner. |  |  |  |

Pacing Decision Tool: Gymnastics 