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| --- | --- | --- | --- | --- | --- | --- | --- |
| Decision:  Going to Gymnastics | Epically negative impact  -3 | Very negative impact  -2 | Somewhat negative impact  -1 | No impact  0 | 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 