|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Decision: | 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) |  |  |  |  |  |  |  |
| Social- interactions with others |  |  |  |  |  |  |  |
| Symptoms- changes to your ‘normal’ levels of pain , fatigue, anxiety, stress etc |  |  |  |  |  |  |  |
| Recovery Time – How long will any effects of this activity last. |  |  |  |  |  |  |  |
| Long Term Health implications- Impact on physical fitness, possibility of flare up etc. |  |  |  |  |  |  |  |
| Other concerns-  The impact on other people, the financial implications etc. |  |  |  |  |  |  |  |

Pacing Decision Tool 