

## **Goal Setting**

Once you have decided your baseline level it is helpful to set achievable goals so that you can measure the changes in your activity level.

Different types of goals:

### **Physical:**

Baseline: able to play tennis with friends for 10 minutes.

Goal: to be able to attend the first 30 minutes of tennis club training within 3 months.

### **Social:**

Baseline: able to go into town with friends for one hour and be collected in the car.

Goal: to be able to go into town with friends for two hours and come home on the bus, within 3 months.

### **Education:**

Baseline: able to complete 30 minutes of school work at home.

Goal: to be able to attend two lessons at school within 4 months.

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## **Pacing & Goal Setting for Chronic Fatigue Syndrome**

Paediatric Rehabilitation Service  
01206 286607 & 01255 201606

your local healthcare provider  
  
anglian community enterprise

## **What is energy?**

Energy is like a battery - some people's batteries become completely drained very quickly and even long periods of rest may not charge it fully.

## **What is activity?**

Activity is anything that stimulates the brain and requires energy to do so. It may require energy in the form of physical or mental.

Obvious activities include walking, going to school, riding your bike. However there are a lot of other activities that you may complete regularly e.g. using the internet, talking on the phone, watching TV.

## **Rest**

Rest is not the same as sleeping. It is important to achieve a good balance between rest and your activities. Rest can involve sitting listening to relaxing music, using relaxation techniques etc.

## **Pacing**

Pacing is a key factor in being able to manage your symptoms of CFS more effectively. It is really important that you consider your pattern of activity and rest and modify this to ensure your energy levels are being kept at an achievable level. People with CFS will often experience 'good' and 'bad' days. The problem with this is that you may decide to do something energetic on a 'good' day but this will lead to a significantly 'bad' day the following day. This is sometimes referred to as a 'boom and bust'.

## **Setting your baseline**

This is the amount of activity you can do day after day without causing an increase in your symptoms. This may mean that you need to reduce the amount of activity you are doing on a 'good' day to try and reduce the number of 'bad' days you are experiencing. It may take a while for you to find out what your baseline level is.

## **Activity Recording**

It is useful to record your activities on a weekly chart to enable you to establish your baseline level more easily. You can then use these records to help you gradually include graded activity into your condition management.

Jobs that must be done need to be prioritised e.g. washing, dressing, while other non essential tasks can be left or Delegated. It is also important to Plan something fun and enjoyable during the day.

Try and complete an activity plan for the week ahead. Once you are happy you have achieved an effective baseline level you can then start to incorporate graded activities and set goals for the longer term management of your symptoms.

You can then share your activity plans with your health professional to enable them to help guide you on further progression of your plan.