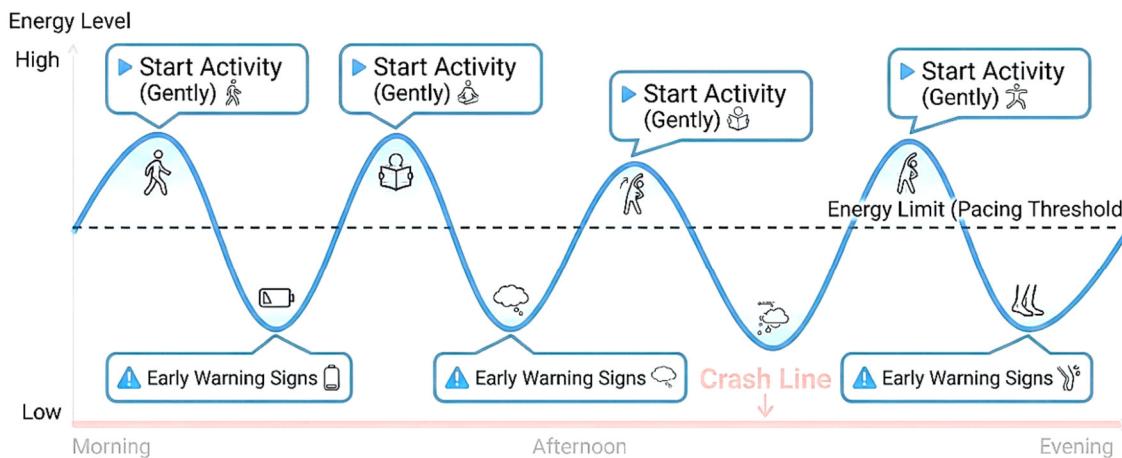


## Pacing: The foundation



Pacing: Balance between rest & activity. Goal: Avoid symptom worsening (Crash/PEM), stabilize energy. Do not push!

## My early warning signs

Each patient has different early warning signs that indicate overexertion. The sooner you notice these signs and pay attention to them, the better you can prevent setbacks. Examples: Racing heartbeat, coughing, tunnel vision, dry throat.

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)

Find out more on [www.Post-Covid-Plan.com](http://www.Post-Covid-Plan.com)

This form is intended for the collection of research and ideas. Diagnoses and medication recommendations should always come from a doctor and be discussed with a doctor. No liability is assumed for the completeness or accuracy of the information provided in this form.  
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## Activities: How can I spend my time?

There are two kinds of activities: Those that give us energy (rest breaks, meditation, vagus nerve stimulation, etc.) and those that take energy away from us (walks, grocery shopping, exercise, etc.).

What does your personal ranking look like? Which activities give you energy, and which ones take energy away from you?

## My daily routine:

*Please note: As long as you suffer from PEM, it is important to stay below your exertion limit and not overexert yourself! However, a few routines may be possible (meditation, qigong, vagus nerve stimulation, salt inhalation, neurotraining, etc.).*

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