

Pacing Report

Maya Torres

Date of birth: 3/14/1992

August 31 to October 29, 2026 (60 days)

Prepared by the patient from their own daily notes in Pacewell.

A summary of my energy, activities and crashes, for my visit.

At a glance

Days logged	60 of 60
Average daily budget	9.1 spoons
Average energy used	6.2 spoons
Days over budget	8 of 60 logged days
Crashes	2 (13 days in a crash)
Longest crash	9 days
Out and about	8 days
Mostly home	20 days
Housebound	23 days
Bedbound	9 days

Questions or notes for this visit

- ☐ Ask about a referral to the long COVID clinic.
- ☐ Racing heart when standing to cook. Mention it.
- ☐ Need a letter for work about reduced hours.

Crashes

Started	Ended	Length	How bad	Symptoms	In my own words
9/15/2026 3:30 PM	9/18/2026 7:00 PM	4 days	Moderate	More tired than usual, Brain fog, Flu-like feeling	Two appointments in one week and the drive to my sister. Picked from the log: Errand, Drive. Note: Could not read or look at my phone for two days.

Started	Ended	Length	How bad	Symptoms	In my own words
10/9/2026 11:00 AM	10/17/2026 6:00 PM	9 days	Severe	More tired than usual, Brain fog, Racing heart, Light or sound sensitivity, Sleep trouble	Grocery shop, then a long phone call and cooking the same evening. Picked from the log: Errand, Drive. Note: Sam did meals. Mostly in a dark room.

Energy used on the 3 days before each crash, next to that day's budget (spoons):

- Crash starting Sep 15: Used 19 of 12, 19 of 12, 17 of 13.
- Crash starting Oct 9: Used 17 of 13, 19 of 12, 19 of 15.

Function summary

- Out and about on 8 of 60 days.
- Mostly home on 20 of 60 days.
- Housebound on 23 of 60 days.
- Bedbound on 9 of 60 days.

Week	Out and about	Mostly home	Housebound	Bedbound	Not marked
Aug 31 to Sep 6	1	3	3	0	0
Sep 7 to Sep 13	2	4	1	0	0
Sep 14 to Sep 20	1	0	2	4	0
Sep 21 to Sep 27	0	2	5	0	0
Sep 28 to Oct 4	1	5	1	0	0
Oct 5 to Oct 11	3	0	1	3	0
Oct 12 to Oct 18	0	0	5	2	0
Oct 19 to Oct 25	0	3	4	0	0
Oct 26 to Oct 29	0	3	1	0	0

How often each activity was done:

- Lying-down rest: done on 53 of 60 days.
- Get dressed: done on 43 of 60 days.
- Cook a meal: done on 30 of 60 days.
- Shower: done on 22 of 60 days.
- TV: done on 17 of 60 days.
- Phone call: done on 15 of 60 days.
- Short walk: done on 10 of 60 days.
- Text catch-up: done on 9 of 60 days.

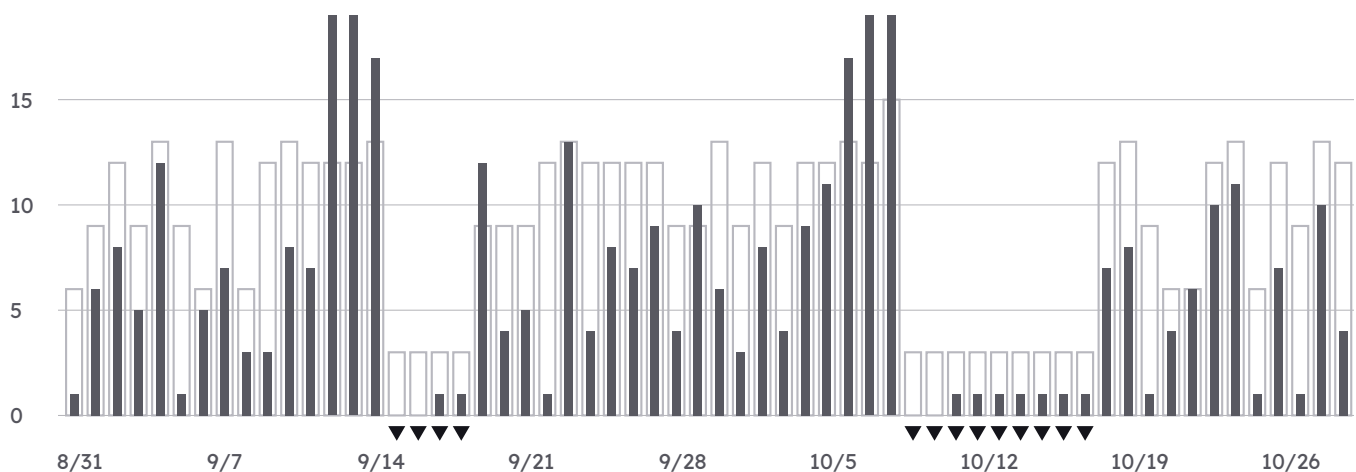
Planned activities most often skipped or moved to another day:

Activity	Planned	Skipped	Moved
Shower	47	25	0
Cook a meal	41	10	0
Phone call	23	0	7
Focused work	8	4	0
Get dressed	47	4	0

Activities that most often took more energy than planned:

- Shower: took more on 12 of 22 times done.
- Short walk: took more on 10 of 10 times done.
- Cook a meal: took more on 4 of 30 times done.
- Appointment: took more on 3 of 3 times done.
- Errand: took more on 2 of 2 times done.

Energy by day



Outline: the day's budget. Dark bar: energy used (spoons). Triangle: a crash day. Blank: nothing logged.

Date	Budget	Used	Kind of day	Crash
Aug 31	6	1	Housebound	
Sep 1	9	6	Mostly home	
Sep 2	12	8	Mostly home	
Sep 3	9	5	Housebound	
Sep 4	13	12	Mostly home	
Sep 5	9	1	Out and about	

Date	Budget	Used	Kind of day	Crash
Sep 6	6	5	Housebound	
Sep 7	13	7	Mostly home	
Sep 8	6	3	Housebound	
Sep 9	12	3	Mostly home	
Sep 10	13	8	Mostly home	
Sep 11	12	7	Mostly home	
Sep 12	12	19	Out and about	
Sep 13	12	19	Out and about	
Sep 14	13	17	Out and about	
Sep 15	3	0	Bedbound	Crash
Sep 16	3	0	Bedbound	Crash
Sep 17	3	1	Bedbound	Crash
Sep 18	3	1	Bedbound	Crash
Sep 19	9	12	Housebound	
Sep 20	9	4	Housebound	
Sep 21	9	5	Mostly home	
Sep 22	12	1	Housebound	
Sep 23	13	13	Mostly home	
Sep 24	12	4	Housebound	
Sep 25	12	8	Housebound	
Sep 26	12	7	Housebound	
Sep 27	12	9	Housebound	
Sep 28	9	4	Mostly home	
Sep 29	9	10	Mostly home	
Sep 30	13	6	Out and about	
Oct 1	9	3	Mostly home	
Oct 2	12	8	Housebound	
Oct 3	9	4	Mostly home	
Oct 4	12	9	Mostly home	
Oct 5	12	11	Housebound	
Oct 6	13	17	Out and about	
Oct 7	12	19	Out and about	
Oct 8	15	19	Out and about	
Oct 9	3	0	Bedbound	Crash

Date	Budget	Used	Kind of day	Crash
Oct 10	3	0	Bedbound	Crash
Oct 11	3	1	Bedbound	Crash
Oct 12	3	1	Bedbound	Crash
Oct 13	3	1	Bedbound	Crash
Oct 14	3	1	Housebound	Crash
Oct 15	3	1	Housebound	Crash
Oct 16	3	1	Housebound	Crash
Oct 17	3	1	Housebound	Crash
Oct 18	12	7	Housebound	
Oct 19	13	8	Mostly home	
Oct 20	9	1	Mostly home	
Oct 21	6	4	Housebound	
Oct 22	6	6	Housebound	
Oct 23	12	10	Housebound	
Oct 24	13	11	Mostly home	
Oct 25	6	1	Housebound	
Oct 26	12	7	Housebound	
Oct 27	9	1	Mostly home	
Oct 28	13	10	Mostly home	
Oct 29	12	4	Mostly home	

Morning check-ins and sleep

Morning energy, 47 check-ins

Very low	6 days
Low	12 days
Okay	18 days
Good	10 days
Better than usual	1 day

Sleep

Average hours slept	6.6 (47 nights logged)
How sleep felt	Refreshing 8, Okay 21, Unrefreshing 18

Daily counters

Counted by the patient

Fluids, average per day	7 cups (60 days counted)
Salt or electrolytes, average servings	2.4 (60 days counted)
Compression garments worn	32 of 60 days counted