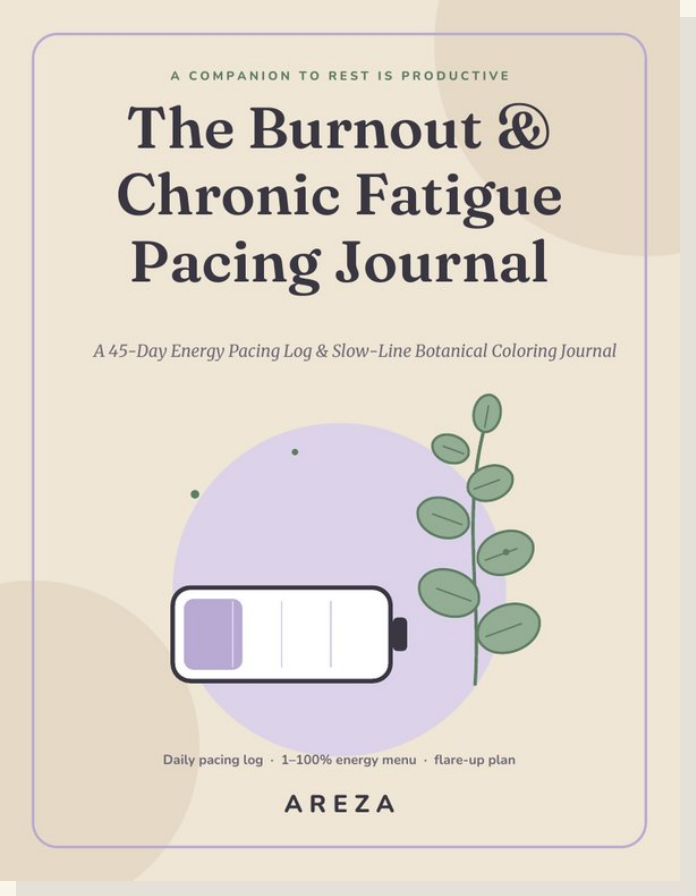

The Burnout & Chronic Fatigue Pacing Journal

A 45-day energy pacing log · Adults

IN THIS SAMPLE · PRINT AND ENJOY

- Page 2: My 1–100% Energy Menu
- Page 3: Daily Energy Pacing Log
- Page 4: Botanical coloring page

Coming soon to Amazon. Join the list at areza-books.netlify.app to hear the day it goes live.

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My 1%–100% Energy Menu

When deciding feels hard, choose from the row that matches your battery



1–25%

Rest mode

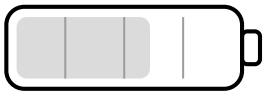
- [ ] Lie down with my eyes closed
- [ ] Sip water or a warm drink
- [ ] Listen to something gentle
- [ ] _____
- [ ] _____
- [ ] _____



26–50%

Gentle mode

- [ ] Shower sitting down
- [ ] Color one small section
- [ ] Eat a simple snack
- [ ] _____
- [ ] _____
- [ ] _____



51–75%

Steady mode

- [ ] A short, slow walk
- [ ] One small household task
- [ ] A short call with a friend
- [ ] _____
- [ ] _____
- [ ] _____



76–100%

Careful bonus mode

- [ ] One task I have been saving
- [ ] Prepare a simple meal ahead
- [ ] Remember: leave some in the tank
- [ ] _____
- [ ] _____
- [ ] _____

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Date _____

Daily Energy Pacing Log

Morning battery check

shade it, a guess is fine



I'm at about _____ %

My body is telling me _____

My one gentle priority

just one, everything else is a bonus

_____

_____

Rest breaks taken

tick one for every pause

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Best rest today _____

Symptoms today

1 = barely there 5 = very strong

Fatigue	1	2	3	4	5
Pain or aches	1	2	3	4	5
Brain fog	1	2	3	4	5
Low mood	1	2	3	4	5

Other _____

_____

_____

Guilt-free boundary wins

I said no to, let go of, or asked for

_____

_____

Evening battery check



Did I stay inside my envelope?

◯ Yes ◯ Mostly ◯ Not today, and that is okay

Hours of sleep last night ___

Rest is part of the work.

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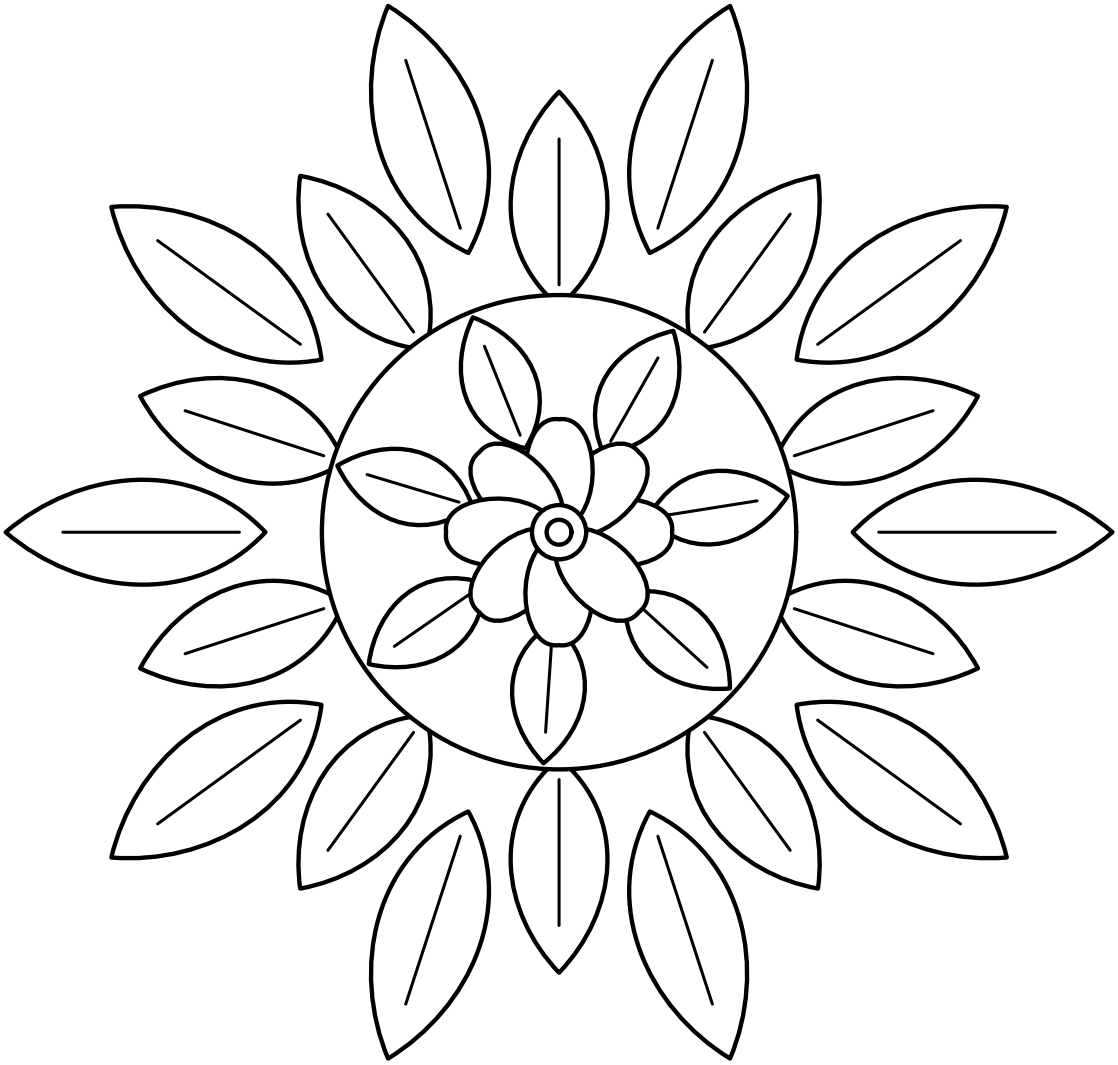

SLOW LINE · EUCALYPTUS RING

Color slowly. Stop whenever you like.

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