

These resources are designed to help you identify how your energy is being used, and what activities might be causing your symptoms to get worse or “flare”. They can help you learn how to use pacing techniques during your recovery from COVID-19, and increase your energy over time. Using only what energy is available to us, and not “over-doing it”, is called staying within our Energy Envelope. We recommend these tools be used to add to, not replace, expert advice from a doctor or other health-care professionals.

01

### Symptom Tracker

- Use the [Symptom Tracker](#) each day to help you assess how intense your symptoms are.
- The scale of 0 (no symptoms) to 10 (severe symptoms) records how you feel each day.
- Rate each symptom you are experiencing out of 10, and add additional symptoms if they are not already in the tracker.
- Add up all your numbers for that day, and give yourself a symptom point total.

*Remember that your symptoms can be delayed up to 3 days. How you are feeling today may be due to your activities from several days ago.*

02

### Energy Points

Think about your energy like money in the bank. The [Energy Points Chart](#) shows on a scale from 1-10 how many energy coins an activity may “cost” you. All of our daily activities cost energy, and we earn energy coins back every night when we sleep, or during the day when we rest. Some important tips for using the chart:

- There are different kinds of energy, including physical energy, cognitive (thinking) energy, and social/emotional/spiritual energy.
- An activity might use more than one kind of energy (e.g. driving uses both physical and cognitive energy).
- Activities will “cost” everyone a different number of energy coins. It is specific to each person, but this chart can help give you an idea of where to start.
- Activities might “cost” you fewer coins over time as you recover.
- Use the Energy Points Chart as a reference as you use the Activity Tracker (step 3).

## Activity Tracker

- Each day record your activities, using the [Activity Tracker](#) and write down how many “coins” or points they used.
- You can use the Energy Points Chart (Step 2) as a starting place to see how much they cost, but over time you might decide to change the numbers of certain activities to better reflect your experience.
- Total how many points you used that day to give yourself a Daily Point Total.
- This is a starting place to see how much energy you are using in a day. This should be done in combination with the Symptom Tracker (Step 1), so that you are filling out both tools each day.

## Putting it all together

- Try to record your Symptoms (Step 1) and your Activities (Step 3) for at least 3 days, but ideally for 1-2 weeks
- This will help you notice patterns like symptom “flare ups”
  - A symptom flare up is a large increase in your symptom point total (say, from a 3 to a 10)
- Keep in mind there can often be a lag between a symptom “flare up” and the activities that caused the flare up (e.g. you had a 40 energy point day a couple days before your “flare up”)
- If you have a rise in symptoms, consider doing activities that use fewer points, modifying how you do your activities (consider sitting), eliminating activities from your schedule, or delegating them to someone else if possible.
- Once your symptoms are relatively stable over several days or even weeks, you can slowly add more activity.
- The Pacing for Fatigue handout [http://www.phsa.ca/health-info-site/Documents/post\\_covid19\\_fatigue.pdf](http://www.phsa.ca/health-info-site/Documents/post_covid19_fatigue.pdf) can give you more ideas on how to alter your activities, using energy conservation strategies. We recommend these tools be used to add to, not replace, expert advice from a doctor or other health-care professional.

For more information on how to support your understanding and management of symptoms as you recover from COVID-19, please visit [www.phsa.ca/health-info/post-covid-19-care-recovery](http://www.phsa.ca/health-info/post-covid-19-care-recovery)