

Activity Confidence Check-In

Is pacing helping you stay active - or are you gradually doing less? Use this sheet to compare what you expect will happen with what actually happens.

Use this as an observation tool, not a test. Choose ordinary, manageable activities. Do not push through chest pain, fainting, severe dizziness, unusual shortness of breath, or sudden major changes in strength, walking, or balance.

Activity	What am I worried will happen?	Easier version I could try	What actually happened?	Recovery time	Try again?

One activity I want to keep within reach this week:

A smaller or more manageable version I could try:

Helpful reminder: The goal is not to prove how much you can do. It is to find an amount of activity that feels safe, manageable, and repeatable.

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