

To help you use activity-rest cycle:

- 1) identify activities you tend to overdo;
- 2) set a time limit for these activities. When you reach the time limit stop, rest and relax; and
- 3) keep a count of how many times you use activity - rest cycling to stop yourself from overdoing it.

To set up an activity-rest cycle that will work for you, fill in the following:

STEP 1	What is one activity you tend to overdo?	
STEP 2	Set a time limit – when you reach it, STOP and REST or RELAX.	My time limit is: _____ When I reach my time limit, I will stop, rest and relax for the following length of time: _____
STEP 3	Keep a count this week of how many times you use the activity-rest cycle.	This week I used the Activity-Rest Cycle _____ times (insert number)