

Energy Conservation & Fatigue Management Checklist

Simple strategies for protecting energy and reducing daily exhaustion

How to Use This Checklist

Fatigue is a common challenge for many people living with arthritis. Energy levels may fluctuate throughout the day, and overexertion can sometimes worsen discomfort or prolong recovery.

This checklist is designed as a gentle planning tool to help you pace activities and protect your energy.

1. Daily Planning Habits

- Prioritize essential activities
- Break large tasks into smaller steps
- Alternate demanding and lighter tasks
- Allow extra time for activities
- Schedule rest before exhaustion sets in

Notes (optional):

2. Activity Pacing Reminders

- Avoid rushing movements
 - Pause tasks when discomfort increases
 - Use supportive seating when possible
 - Sit rather than stand for longer tasks
 - Spread demanding activities across the day
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3. Movement & Effort Awareness

- Use assistive tools when helpful
 - Avoid unnecessary lifting or carrying
 - Maintain relaxed posture during tasks
 - Reduce repetitive joint stress
 - Use smoother, controlled movements
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4. Rest & Recovery Strategies

- Take short, regular rest breaks
 - Avoid pushing through heavy fatigue
 - Stay hydrated throughout the day
 - Maintain consistent sleep routines
 - Allow flexibility on low-energy days
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5. Simplifying Daily Tasks

- Delegate tasks when possible
 - Use prepared or easy meals
 - Organize spaces for easier access
 - Reduce unnecessary trips or movements
 - Plan energy-heavy tasks during best hours
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6. Personal Energy Patterns

Times of day I feel most energetic:

Early signs I need rest:

Activities that drain energy quickly:

Habits that help preserve my energy:

Reminder

Energy conservation is not about avoiding activity — it's about pacing, balance, and sustainability. Small adjustments may help reduce unnecessary exhaustion.

Disclaimer

This checklist is for general planning and personal support only. It does not replace medical advice. Always follow guidance from your healthcare provider.

About This Resource

Provided by **ArthritisWares.com**
Practical tools. No hype.
