

Energy Conservation & Fatigue Management Checklist

Simple strategies for protecting energy and managing demanding days

How to Use This Checklist

Fatigue can be a challenge for people living with arthritis, and energy levels may vary throughout the day. When several demanding activities are packed together, it can become harder to keep up with everyday tasks.

This checklist is a gentle planning tool to help you pace activities, reduce unnecessary effort, and make your daily routine more manageable.

Check the strategies that fit your situation. You do not need to use all of them.

1. Daily Planning Habits

- ☐ Prioritize essential activities
- ☐ Break large tasks into smaller steps
- ☐ Alternate demanding and lighter activities
- ☐ Allow extra time for tasks when needed
- ☐ Schedule breaks before becoming completely exhausted

Notes:

2. Activity Pacing Reminders

- ☐ Avoid rushing through tasks
- ☐ Pause or modify a task when discomfort is increasing
- ☐ Use supportive seating when practical
- ☐ Sit rather than stand for longer tasks when appropriate
- ☐ Spread demanding activities throughout the day

Notes:

3. Movement & Effort Awareness

- ☐ Use assistive tools when they make a task easier
- ☐ Avoid unnecessary lifting or carrying
- ☐ Maintain a comfortable, relaxed posture during tasks
- ☐ Reduce repetitive joint strain where possible
- ☐ Use smooth, controlled movements rather than rushing

Notes:

4. Rest & Recovery Strategies

- ☐ Take short, regular rest breaks
- ☐ Avoid pushing through heavy fatigue
- ☐ Drink enough fluids throughout the day
- ☐ Keep a consistent sleep routine when possible
- ☐ Allow flexibility on lower-energy days

Notes:

5. Simplifying Daily Tasks

- ☐ Delegate tasks when possible
- ☐ Use prepared or easy-to-prepare meals when helpful
- ☐ Organize frequently used items for easier access
- ☐ Reduce unnecessary trips or repeated movements
- ☐ Plan more demanding tasks for times when energy is usually better

Notes:

6. Personal Energy Patterns

Times of day when I usually have the most energy:

Early signs that I need a break:

Activities that use up my energy quickly:

Habits or changes that help me conserve energy:

Reminder

Energy conservation is not about avoiding activity.

It is about finding a workable balance between activity, rest, and the energy you have available. Small changes to how you plan and complete everyday tasks may help reduce unnecessary effort and make demanding days more manageable.

Your energy and needs may vary from day to day. Use this checklist as a flexible reminder rather than a strict set of rules.

Disclaimer

This checklist is for general planning and personal support only. It does not replace medical advice, diagnosis, or treatment. Follow the guidance of your healthcare provider, particularly if fatigue is new, severe, persistent, or concerning.

About This Resource

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