

## My Tolerance Levels and 3Ps

<b>What activity would I like to do?</b>		
<b>Any restrictions</b>		
	<b>On a 'good day'</b>	<b>On a 'not-so-good-day'</b>
<b>Walking Tolerance</b>		
<b>Sitting Tolerance</b>		
<b>Standing Tolerance</b>		
<b>How would I use the 3Ps (plan, pace and prioritise) &amp; my new tolerance knowledge to plan this activity differently?</b>		

Some handy tips:

- Try not to go over your 'good day' tolerances even on a very good day
- On a 'not-so-good-day' consider still working towards your tolerances as you now know it is not harmful. Consider scaling it back a little but still having a go.
- Give yourself permission to stop at your tolerance times and even consider stopping a few minutes before this to reduce the pain volume.
- Use timers or other measures to guide you.
- If you know there is a lot on, consider doing a little less so that you still have some energy and vitality left for another activity or another day.