My PEM Tracker

Effort today, and what it cost a day or two later.

Post-exertional malaise hides in the delay. The cost lands later, so it is hard to connect. On paper, the pattern starts to show itself, and your own line becomes visible.

Count every kind of effort, not just the physical. Hard focus, a difficult or emotional conversation, stress, and sensory overload (a loud, bright, crowded place) all spend from the same energy tank. The invisible effort is the easiest to miss, so log it right alongside the visible kind.

My log

Date	What I did (body / mind / emotion / senses)	How it felt during	1–2 days later	Crash?

The pattern I am starting to see in my own envelope:

THIS IS HOW YOU FIND YOUR LINE

You are not looking for a number. You are looking for your own edges, gently, over time, so you can live a fuller life inside them instead of crashing past them.