**SETTING REALISTIC ACTIVITY QUOTAS**

STEP ONE: **EXPERIMENTS** - how much can you currently manage consistently?

During this step you can use pain/symptoms to guide how much you do (only for the experiments!). Do on good days and on bad days.

On at least 4 consecutive days try chosen activity. Note the amount e.g. how long, how much or how far you managed each time.

Suggest you start with one activity and once you can do that consistently, add others later.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Activity | Day one | Day two | Day three | Day four | Day five |
| *e.g. walking* | *20mins* | *12mins* | *0mins* | *5mins* | *3mins* |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

STEP TWO: CALCULATE YOUR **AVERAGE** FOR EACH ACTIVITY

Add up the amounts for each activity and divide by the number of times you tested

E.g. Walking 20+12+0+5+3 = 40 ÷ 5 times = 8 minutes

STEP THREE: **REDUCE** THE AMOUNT BY ABOUT 20%

E.g. Walking 20% of 8 is 1.6 minutes – roughly round it up to 2 minutes

So, your **BASELINE** for walking practise is 8 - 2 = 6 minutes

MY BASELINES:

|  |  |
| --- | --- |
| Activity | 23.3.24 |
| *e.g. walking* | *6* |
|  |  |
|  |  |

STEP FOUR: **BEGIN GRADED PRACTISE** OF ACTVITY. USE CHARTS TO DIARY HOW MUCH YOU DID EACH TIME.

In the initial phase stay at the BASELINE level until you can manage at least 5 practises consecutively i.e. consistent.

**PLAN PROGRESSION** IN SMALL INCREMENTS (about 10%).