

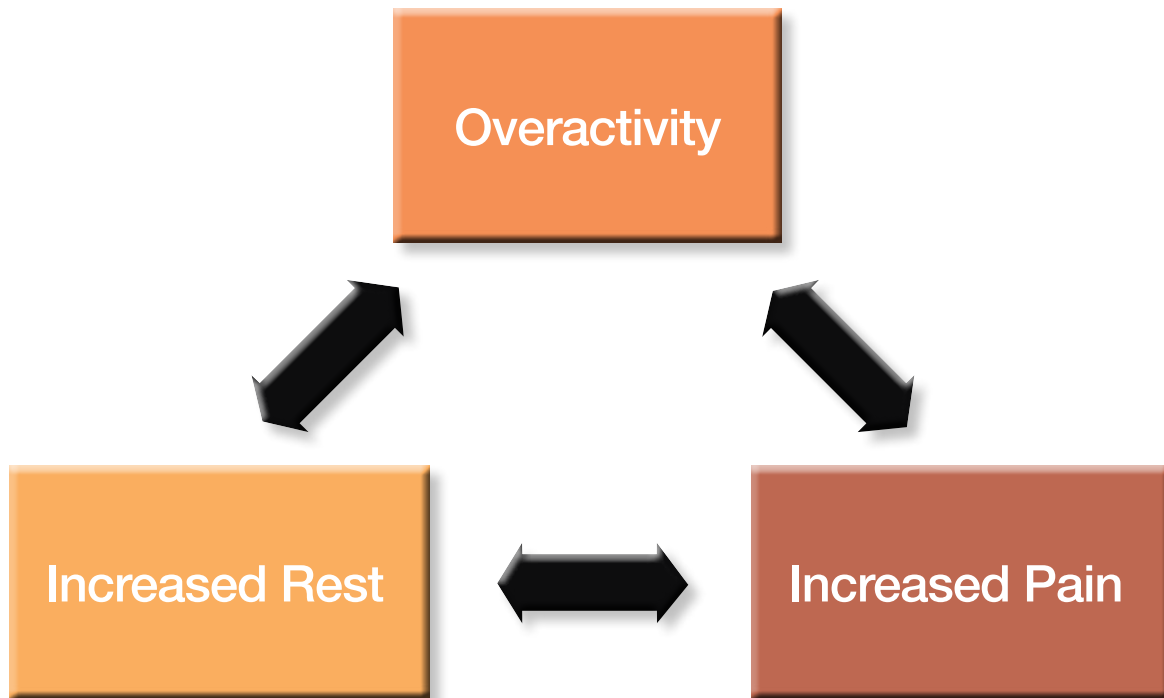
WALKING LOG

With the help of your therapist, use the schedule to set realistic walking goals for the week, and record your actual time walked. Gradually increase the minutes and use proper body mechanics. Walking is a critical part of everyday life and the goal is to improve the ease and frequency of physical activity. **Remember:** Motion is lotion for your joints!

DAY	SAMPLE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
MONDAY	Goal: 6 mins Actual: 6 mins	Goal: Actual:	Goal: Actual:	Goal: Actual:	Goal: Actual:	Goal: Actual:	Goal: Actual:
TUESDAY	Goal: 6 mins Actual: 7 mins	Goal: Actual:	Goal: Actual:	Goal: Actual:	Goal: Actual:	Goal: Actual:	Goal: Actual:
WEDNESDAY	Goal: 7 mins Actual: 7 mins	Goal: Actual:	Goal: Actual:	Goal: Actual:	Goal: Actual:	Goal: Actual:	Goal: Actual:
THURSDAY	Goal: OFF Actual: OFF	Goal: Actual:	Goal: Actual:	Goal: Actual:	Goal: Actual:	Goal: Actual:	Goal: Actual:
FRIDAY	Goal: 7 mins Actual: 7 mins	Goal: Actual:	Goal: Actual:	Goal: Actual:	Goal: Actual:	Goal: Actual:	Goal: Actual:
SATURDAY	Goal: 8 mins Actual: 9 mins	Goal: Actual:	Goal: Actual:	Goal: Actual:	Goal: Actual:	Goal: Actual:	Goal: Actual:
SUNDAY	Goal: OFF Actual: OFF	Goal: Actual:	Goal: Actual:	Goal: Actual:	Goal: Actual:	Goal: Actual:	Goal: Actual:

PACING ACTIVITIES

Some people are prone to “pushing through” pain in the name of accomplishing a task and will not stop until it is complete, while others may be preoccupied with fears about harming themselves and avoid activity altogether. Sometimes those with chronic pain use a “good pain day” when they are feeling better to try and complete one or more rigorous activities that have fallen by the wayside. The next day, they wake up with increased pain levels and rest for a day or more to recover. This **Overactivity Cycle** may happen on a recurring basis and can lead to negative consequences such as increased stress and anxiety, decreased efficiency, lowered self-esteem, and avoidance of any activity.



Engaging in a moderate, safe level of activity on a regular basis is how to avoid this cycle. Using the skill of pacing, where time is the guide for activity engagement, can be a helpful strategy. Pacing is about balancing activities, planning ahead, and working “smarter not harder.”

HOW TO PACE

Estimate how long you can safely do one of your regular activities (e.g., yardwork, dishes) without causing a severe pain flare and set that minus one minute as your “active” goal time for the activity. Approximate the amount of “resting” time you will need in order to safely resume activity or continue your day.

Remember:

- Approximated times may need to be adjusted after pacing begins.
- Stick to time-based pacing goals whether you are having a ‘good’ or a ‘bad’ pain day to avoid the crash-burn/over-activity cycle or the avoidance/inactivity cycle – moderation is the key.
- Spread out activities during the week and be reasonable with the schedule so you can succeed.

Use the table below to record how you pace activities this week. Use the sample as your guide, where each period of activity and rest equals one cycle. In the examples provided, **10 : 15 (1)** indicates *working for 10 minutes and resting for 15 minutes for one cycle* of pacing.

	Sample	Activity 1	Activity 2	Activity 3
Activity	<i>Rake leaves</i>			
Active Goal	<i>10 minutes</i>			
Rest Goal	<i>15 minutes</i>			
Day 1	<i>10 / 15 (1)</i>			
Day 2	<i>10 / 15 (2)</i>			
Day 3	<i>10 / 15 (3)</i>			
Day 4	<i>15 / 15 (1)</i>			
Day 5	<i>15 / 15 (2)</i>			
Day 6	<i>15 / 15 (3)</i>			
Day 7	<i>20 / 15 (2)</i>			