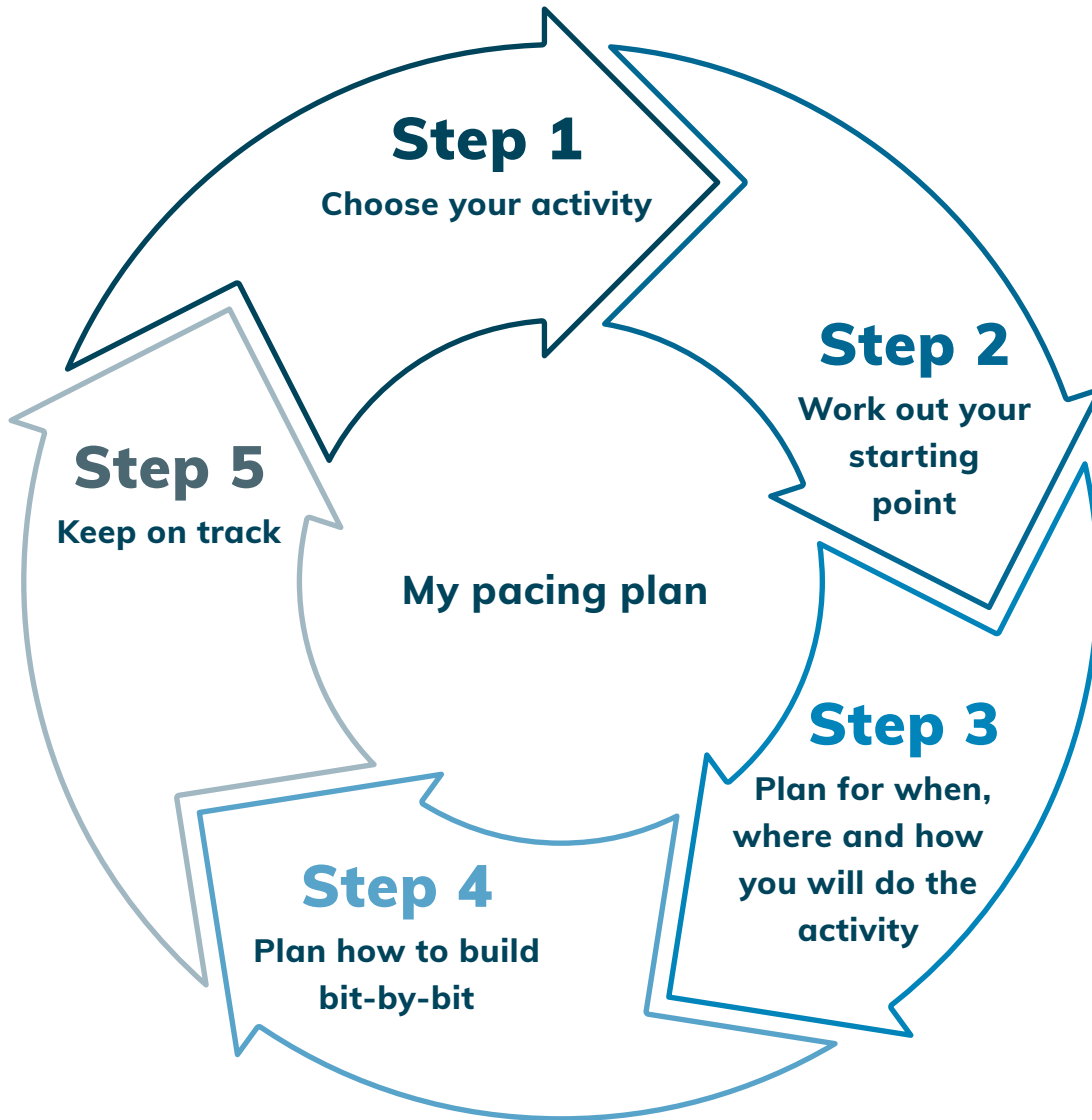




Be Pain Smart – Physical activity

My pacing plan



Below is a common pacing goal, **walking more**, to show you how to use these five pacing steps.



Be Pain Smart – Physical activity

Step 1 – Choose your activity

Select an activity that you enjoy and would like to do more of. Often it is better to start with something easy. For example, walking, reading, being able to play with your children, sitting longer, playing sport, doing household chores, swimming or driving.

My pacing plan

STEP 1

Choose your activity *Walking more*

Step 2 – Work out your starting point

Find out what your **baseline** level is for this activity. For example, your **baseline** is how far you can walk comfortably before your pain gets worse. Track your activity for at least three days (on both good and bad days) and work out the average to get your baseline.

But you do not want to push your pain limits, because this will push your pain up – you need to nudge your pain limit slowly over time. You then work out your **starting point by reducing your baseline by 20%**. This means that you will be able to stick to your pacing plan on both good and bad days.

STEP 2 – Work out your starting point

Day 1	500m	
Day 2	400m	Average the 3 days to get a baseline
Day 3	450m	
My baseline:	450m	Reduce your baseline by 20% to get a starting point
My starting point:	360m	

Remember – start off small – make sure that the time, distance and level of the activity is manageable for you within your current pain limits.



Be Pain Smart – Physical activity

Step 3 – Plan for when, where and how you will do the activity

Be clear about when, where and how you will do the activity. The more details you include, the more likely you will do the activity.

Top planning tips:

- Put a reminder in your phone or diary for when you will go for a walk.
- Ask a friend to come with you.
- Put up reminders.

STEP 3 – Plan for when, where and how you will do the activity

When	<i>Every afternoon at 2.00pm.</i>
Where	<i>Walk around my local park.</i>
How	<i>My carer will drive me to the park.</i>
My activity plan	<i>My carer will drop me off at the local park every afternoon so I can go for a walk.</i>
My planning tips	<i>I have put a reminder in my phone and asked my carer to remind me every afternoon. I have a poster on the fridge to track my progress.</i>



Be Pain Smart – Physical activity

Step 4 - Plan how to build bit-by-bit

Plan how you will grow your activity level over time. After you have started, you need to slowly increase either the time, the distance, the repetitions or the intensity of the activity bit-by-bit. Only increase when you feel comfortable to do so, but a good rule of thumb is to increase by 10% each week.

STEP 4 – Plan how to build bit-by-bit

Tick the one you will increase:

Time

Distance ✓

Intensity/Speed

Repetitions

My building plan:

I will increase my walking distance by 10% every week.

Week 1

360m

Week 2

396m

Week 3

436m

Week 4

479m



Be Pain Smart – Physical activity

Step 5 – Keep on track

Write down your progress and talk about it with someone you trust, such as your family, carer or healthcare worker. This will help to keep you on track and show your progress.

STEP 5 – Keep on track

My pacing plan record:

Week 1 360m

Sunday ✓ Monday ✓ Tuesday ✓ Wednesday ✗ Thursday ✓ Friday ✓ Saturday ✓

Week 2 396m

Sunday ✓ Monday ✓ Tuesday ✗ Wednesday ✓ Thursday ✓ Friday ✓ Saturday ✓

Week 3 436m

Sunday ✓ Monday ✓ Tuesday ✓ Wednesday ✓ Thursday ✓ Friday ✗ Saturday ✓

Week 4 479m

Sunday ✓ Monday ✓ Tuesday ✓ Wednesday ✓ Thursday ✓ Friday ✓ Saturday ✓

Remember, you can use pacing to increase your level of activity and fitness. This will help your overall sense of wellbeing. The gains are up to you, but keep in mind that a small amount of regular activity is better than none or doing too much, which may flare up your pain.

Now it is your turn to have a go.



Be Pain Smart – Physical activity

My pacing plan

STEP 1

Choose your activity

STEP 2 – Work out your starting point

Day 1

Day 2

Average the 3 days to get a baseline

Day 3

My baseline:

Reduce your baseline by 20% to get a starting point

My starting point:

STEP 3 – Plan for when, where and how you will do the activity

When

Where

How

My activity plan

My planning tips



Be Pain Smart – Physical activity

STEP 4 – Plan how to build bit-by-bit

Tick the one you will increase:

Time	Distance	Intensity/Speed	Repetitions
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My building plan:

Week 1

Week 2

Week 3

Week 4

STEP 5 – Keep on track

Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Week 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Week 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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