

## Making a pacing plan

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What is an activity goal you would like to work on achieving?

You will need your phone or a calculator to create your pacing plan for this activity.

**SMART goal:** .....

### Step 1:

- How long can you currently do this activity without getting a flare up in your pain?

Baseline: .....mins

### Step 2:

- You will start at 80% of this time.
- To work that out use a calculator and enter the time and multiply it by .8 - this will be your starting time.

Start time: .....mins

### Step 3:

- You are going to add 10% to this every week until you reach your goal.
- To work this out use a calculator and enter your starting time and multiply by .01 – this is how much you will add to your time each week (if it is under 1min round it up).

Weekly increase: .....mins

### Step 4:

- How long will it take you to achieve the goal you have for yourself?
- To work this out subtract your start time from the goal time and then divide it by your weekly increase.
- This is how many weeks it will take to get to your desired goal – which means being patient and taking it one day and week at a time.

Weeks to achieve your goal: .....weeks