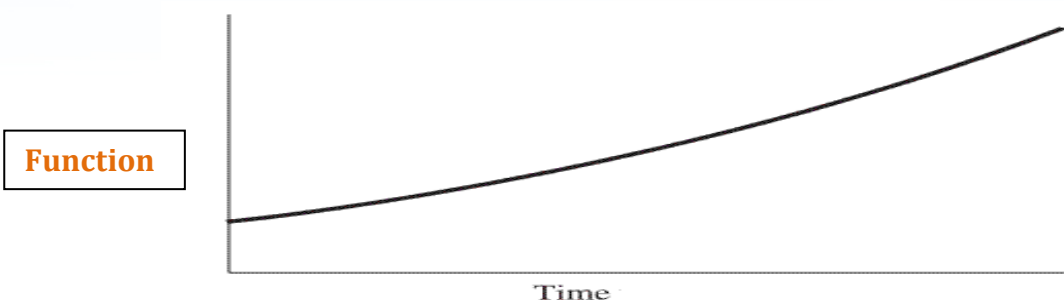


## UPGRADE PLAN

For people in pain, **UPGRADING** your activity is best done **SLOWLY** with patience and persistence. Each week gradually take steps to increase what you can achieve with your physical activity and within pain tolerances. This process may take weeks or months with small **UPGRADES** to minimize the risk of **FLARE UPS** and maximize your function over time.



### With the upgrade plan:

1. Revisit the physical activity goal. Is the goal still the same?
2. Reset the SMART goal each week.
3. Measure weekly activity levels
4. Celebrate and reward achievements



### Remember that upgrades:

1. Are very individual. There is no right or wrong amount of progress.
2. Need to be recorded. While upgrades can seem very small, improvements in physical activity can be quite large over time. Recording the upgrades can show you how far you have come, and also be used as motivation.

**By implementing your UPGRADE PLAN, you are giving yourself the best chance of maintaining your great gains towards successful pain management.**

## UPGRADE PLAN

**Choose the activity you want to upgrade**

E.g. I want to upgrade how far I can walk my dog

**What can I currently do?**

E.g. I can currently walk the dog for 15 minutes

**What is my plan of action?**

E.g. I will walk the dog for up to 20 minutes as comfortable for the next week

**How will I reward myself?**

E.g. Once I can walk the dog for 20 minutes everyday, I will take the dog to the dog beach for fun!

## SMART GOALS:

**S**

**"S" stands for Specific.**

Make sure that your physical activity goal is really clear, or specific.

**M**

**"M" stands for Measurable.**

Make sure that you can measure the activity. This could be with time, distance, weight, or repetitions. Any activity that has a start and a finish can be timed.

**A**

**"A" stands for Achievable.**

Make sure the goal is achievable. If the goal is set at a level that is too easy, then there is nothing to strive towards. If the goal is too difficult, then it is likely to lead to disappointment if the goal is not achieved. It is best to predict the target you can achieve in a week with hard work and determination.

**R**

**"R" stands for Realistic.**

Make sure the goal is realistic, taking medical advice, your timetable / calendar / things around you, into account.

**T**

**"T" stands for Time.**

Make sure the goal has a time target, with a clear beginning and end timeframe. A one week timeframe is appropriate to start with for your physical activity goal.