

COMPLETE AT THE BEGINNING OF THE WEEK

Week 1

Date: *January 7*

Can you name 3 activities that you would like to get back into doing that you currently have difficulty with or avoid? What do you really want to do?

Walk 60 min. in the park 5x/week

20%

Socialize & go out with friends once a week

0 %

Cook a full meal for family on a regular basis

40%

This week I will...

Avg. PLG: **20%**

Do 1 NEW physical activity to get me closer to one of my goals

Walk only 10 min. in the park 2x this week

Done!

Do 1 NEW small household activity or errand

Grocery shop 15 min- buy only essential ingredients for pasta

Done!

Do 1 NEW small fun & enjoyable activity

Call & meet friend (Pat) for coffee

Done!

Do the activity or 1-min. movements prescribed by my PTC provider

1-minute walk/jog on the spot

Done!

Do one relaxing, calming & mindful activity

5-minute breathing meditation before sleep

Done!

Do one small act of kindness to help or please someone else

Visit friend (Jane) who is not feeling well

Done!

What would have to happen this week to indicate you are moving forward?

Achieve most of the goals above & better understand pain

Done!

For the upcoming weeks I wish to focus on improving my sense of...

- Purpose** (Activity goals) Control over pain Fun & pleasure in life
- Trust in my own body Self-acceptance **Physical well-being**
- Control over my life stresses Proper nutrition Emotional well-being
- Connection with nature Social connection Sleeping well

Circle the ONE strategy that you wish to focus on for this week.

COMPLETE AT THE END OF THE WEEK

In the past week, I have...

- 1:** Moved a bit closer towards my activity goals Yes Not yet
- 2:** Positively changed my relationship with pain Yes Not yet
- 3:** Experienced some fun & pleasurable activities Yes Not yet
- 4:** Trusted my body more, knowing that it is structurally okay Yes Not yet
- 5:** Moved towards accepting my current self, as I am today Yes Not yet
- 6:** Sensed I am gaining more control over my life stresses Yes Not yet
- 7:** Done some form of daily physical activity (even if small) Yes Not yet
- 8:** Done some form of calming activity / mindfulness practice Yes Not yet
- 9:** Had a nutritious and healthy diet with good hydration Yes Not yet
- 10:** Spent time outdoors in nature Yes Not yet
- 11:** Experienced some positive social connections Yes Not yet
- 12:** Done something to improve my sleep Yes Not yet

What did you do this week that indicates that you have moved forward?

(Write down at least one small activity that was new, positive or that you've slightly improved in...)

Visited a friend in need / enjoyed the social interaction

What valuable lesson in my understanding of pain have I learned this week?

I now know the difference between comfortable & uncomfortable pain

TO BE COMPLETED ONLY ON WEEK 0 + THE END OF WEEKS 6 & 12

	Date	PDI	PSEQ	CSI	Average PLG Score
Week 0	Jan 7	51/70	3/24	N/A	20 %
Week 6					%
Week 12					%