

ESTABLISHING A BASELINE AND PACING

In the goal setting worksheet (SMARTer) that you have completed, you would have identified a big overarching outcome/end result that you would like your life to get back to e.g. walking

You also identified baby steps that you could take to reach your goal e.g. standing up for 5 minutes comfortably.

In order to determine if this baby step is realistic and achievable, you first need to work out your baseline.

The table below shows the steps to take to establish a baseline that you can adapt to your particular situation.

Steps	Action	Example	Write your situation here
Step 1	Identify overarching goal	Walk pain free	
Step 2	Identify a realistic mini goal	Standing up comfortably	
Step 3	Establish a baseline time for the mini goal		
3a	How long can I currently do the activity for comfortably?	5 minutes	
3b	Divide this time by 2	2.5 minutes	



Step 4	<p>Everyday practice standing for 2.5 minutes on your good days and bad days for 1 week.</p> <p>Resist the urge to do more even if you feel like it! This will prevent “boom-bust” scenarios. Too much too soon may lead to a flare up that will demotivate you.</p> <p>Record your daily accomplishment of this task to keep on track, focused and motivated especially on the bad days!</p>	<p>Standing every day for 2.5 minutes</p> <p>Set reminders e.g. alerts on your mobile</p> <p>Create your own logbook to track your progress e.g. on your mobile phone</p>	
Step 5	Increase your standing time by 20-25% each week	In the second week you practice standing for 3 minutes every day on both good days and bad days	
Step 6	Repeat step 4 and 5	In the third week you practice standing for 3.5 minutes on both	



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		your good days and bad days	
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Step 7	Be patience Pace it, don't race it!	Build up each week to 5 minutes!	
Step 8	Celebrate your success!	WOO HOO! Well done! You did it!	
Step 9	Now consult with your health professional/therapist about how to progress to the next stage	Chat to your therapist about progressing from standing to walking	