Dorset Pain Management Service
Soaring above pain

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Weekly actions and review sheet

My Aims for the Programme:	

Use this form to record your main learning points from each day and what you plan to work on each week, together with specific actions.

Top Tip: Use your weekly actions to help you work towards your goals/aims for the programme

Date	Key learning from today	What I plan to do this week	How/When I will do it (days/times/help/ resources)	Did I do it? (YES/NO - if not, why not?)	What will I do differently? (how, when, etc.)
	Example: Pain doesn't mean harm, but pushing through will make my nervous system more protective, so it produces pain sooner or it feels more intense	Work out my baseline for sitting tolerance in a car	• On my next 3 car journeys record time until I need to move • Share this plan with my partner • Use a timer on my phone		
		Do some of the home exercises I've learned 2 times this week	• On Wed after ½ hour rest after work and Sun morning at 11am • Share this plan with my friend so they will check I've done it • Exercise sheet for reference		

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