

Pain Management – Occupational Therapy Goal Setting Sheet

Example

Long Term Goal	Is it a SMART goal	Sub Goals	Progress Notes
I will walk the dog for 10 minutes 3 x a week within 5 weeks	Specific –walking the dog Measurable – in minutes Achievable – broken down into small steps Realistic – I will be safe; I have a good baseline Timed/Timely – minutes/weeks and days	Week 1 Walk 1.5 minutes 3x week	
		Week 2 Walk 3 minutes 3x week	
		Week 3 Walk 5 minutes 3x week	
		Week 4 Walk 8 minutes 3x week	
		Week 5 Walk 10 minutes 3x week	

Strategies: Plan the walk/Pace the walk – go at your speed
 Remember I need to get back
 Partner holds dog lead initially
 Partner may go further than me – this is ok
 Adjust the weeks to suit me
 If I have a pain flare or illness, grade my walking again in this way

Pain Management – Occupational Therapy

Goal Setting Sheet

Long Term Goal	Is it a SMART goal	Sub Goals	Progress Notes
Goal 1			

Long Term Goal	Is it a SMART goal	Sub Goals	Progress Notes
Goal 2			