

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	<u>Week 1</u> Walk 1.5 minutes 3x week	
		<u>Week 2</u> Walk 3 minutes 3x week	
		<u>Week 3</u> Walk 5 minutes 3x week	
		<u>Week 4</u> Walk 8 minutes 3x week	
		<u>Week 5</u> 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			