



# Graded Activity Worksheet

## Functional Restoration Graded Activity Worksheet

### Problem One

John's job involves a lot of walking. He knows that at the moment he can walk for 35 minutes, but only just, it's a real struggle and he pays for it later.

Q1 John wants to get a plan together to increase his walking. What amount could he realistically start with?

### Problem Two

Erica managed to swim 4 lengths last week, the week before she managed 3 and the week before that she managed 6

Q2 What would be a sensible starting point for her?

Q3 How did you decide this?

### Problem Three

Alex decides that her starting point for walking is 10 minutes. She decides to increase her walking by 5 minutes a day. At the end of the first week her plan looks like this.

Day	Plan (Minutes)	Actually did
1	10	10
2	15	15
3	20	10
4	25	10
5	30	10
6	35	12
7	40	10

Q4 How many days did she manage to do the plan?

Q5 Where did she go wrong?

### Problem Four

Robert wants to be able to stand for longer so that he can watch a football match. He can stand comfortably now for 20 minutes. He decides to increase it by one minute a day.

How many targets did he need?

Where did he go wrong?

Day	Plan (Minutes)	Actually did
1	20	20
2	21	55
3	22	0 (lying down - lots of pain)
4	23	0
5	24	8
6	25	22
7	26	3



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## Graded Activity Worksheet

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Write down three activities/positions that you are currently not doing or are struggling with. 'Guestimate' how much of each activity you could realistically start with, without overdoing it. Write it down next to the activity.

Activity / Position	How much could you start with?
1.	
2.	
3.	

Write up a separate realistic plan for each activity/position on the graded activity plan sheets you have been given (start from tomorrow's date).

### Do This At Home

- Carry out your graded activity plans (Start tomorrow).
- Review them at the end of the week.
- Make any necessary changes to the rate of progression when you write up the following weeks plan.
- Carry out the following weeks plans and so on.