**Personal Care Plan for Chronic Plan**

NAME: Date:

Rate your current status: Pain (0=least, 10=most): Function (0=worst, 10=best):

1. **Set Personal Goals**

□ Improve function by \_\_\_\_\_\_\_\_\_ points by: Date

□ Return to specific activities, tasks, hobbies, sports, etc. … by: Date

1.
2.
3.

 □ Return to □ limited work/or □ normal work by: Date:

1. **Improve Sleep** (Goal: \_\_\_\_\_ hours/night, Current: \_\_\_\_\_ hours/night)

□ Follow basic sleep plan: Sleep hygiene training

1. Eliminate caffeine, limit electronics before bed, go to bed at target bedtime, relaxation routine.
2.
3.

 □ Take nighttime medications per MD (but avoid “sleeping pills”:

 4. **Manage Stress** – list main stressors:

□ Formal interventions (counseling or classes, support group, therapy group, etc.)

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□ Daily practice of relaxation techniques, meditation, biofeedback, yoga, creative activity, etc.

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□ Focus on positive thinking, increasing gratitude, schedule pleasurable activities, etc.

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□ Medications as per MD:

 3. **Increase Physical Activity**

 □ Attend physical therapy or organized exercise class/group (days/week) \_\_\_\_\_\_

 □ Complete daily stretching (\_\_\_\_\_ times/day, for \_\_\_\_\_ minutes)

 □ Complete aerobic exercise/endurance exercise

 1. Walking (\_\_\_\_\_ times/day, for \_\_\_\_\_ minutes) or pedometer (\_\_\_\_\_ steps/day)

 2. Treadmill, bike, rower, elliptical trainer, dance (\_\_\_\_\_ times/week, for \_\_\_\_\_ minutes)

 3. Target heart rate goal with exercise \_\_\_\_\_\_ bpm

 □ Strengthening

1. Body weight, elastic bands, hand weights, machines (\_\_\_\_\_ minutes/day, \_\_\_\_\_ days/week)

 □ Alternative exercise: Tai Chi, Qigung, Pilates, yoga, etc.

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 5. **Decrease Pain** (best pain level in past week: ­\_\_\_\_/10, worst pain level in past week \_\_\_/10)

 □ Non-medication treatments

1. Ice/heat/TENS:
2. Exercise:
3. Topical cream:
4. Self acupressure, trigger points, etc.:
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 □ Medication as per MD:

1. Daily preventive:
2. Breakthrough:
3. Other:

 □ Other treatments:

 6. **Who can help you meet these goals?**