

REBUILDING PLANNER

Graded exposure is the process of progressively and systematically rebuilding a movement or activity that has been avoided due to pain or some other symptom.

Rather than jumping back in all at once, the key here is to begin at a reasonable starting point and rebuild your body's tolerance step by step, giving it time to adapt at each stage before asking for more.

This planner helps you design that process: setting a clear starting point, a goal, and a progression rate so you always know what you're doing this week, and what comes next.

HOW TO USE THIS PLANNER

- 1 Choose your target movement/activity.** Pick one specific movement or activity you have been avoiding or limiting (e.g. walking, bending, climbing stairs, lifting, etc.).
- 2 Set your starting point and goal.** Where are you now with this activity? What do you want to be able to do? Write both down clearly, in measurable terms (e.g. "5 minutes" or "1 flight of stairs").
- 3 Choose a starting amount and progression rate.** Start conservatively — at or slightly below your current comfortable capacity. Plan to increase by 10-20% per week. If you are unsure, start with 10%; slow and steady builds lasting tolerance.
- 4 Fill in the weekly plan.** Use the table on the next page to map out your progression week by week. Write in each week's target amount before you begin.
- 5 Record what you did.** In the "actual" column, write what you did.
- 6 Use the Activity Dosage Meter alongside this planner.** After each session, score your symptom response. If the score stays in the safe range (~7 or below), progress to the next week's amount. If the score is above 7 or the symptoms are above your tolerance, hold the current amount for an extra week before advancing.

EXAMPLE PLAN

TARGET MOVEMENT/ACTIVITY: WALKING

UNIT OF MEASUREMENT (MIN, REPS, SETS, ETC.): MINUTES

WHERE I AM NOW: 10 MINUTES

MY GOAL: 30 MINUTES

HOW OFTEN I WILL PRACTICE (DAYS/WEEK): 5

STARTING AMOUNT: 9 MINUTES

WEEKLY PROGRESSION (10-20%): 15%

EXAMPLE PROGRESS TRACKER

WEEK	PLAN	ACTUAL	ADM* SCORE	NOTES/OBSERVATIONS
1	5 walks x 9 min	5 walks x 9 min	5-6	
2	5 x 9:50	4 x 10:15	4	Missed one, but back on track!
3	5 x 10:50	5 x 10:50	5	
4	5 x 12:00	5 x 12:00	4-5	
5	5 x 13:25	4 x 12:30	4	Couldn't quite reach the goal time
6	5 x 13:25	4 x 13:25	4	Made it!
7	5 x 14:30	5 x 14:30	3-5	
8	5 x 15:50	3 x 15:50	4	Busy week
9	5 x 17:30	5 x 17:30	3-4	Noticing reduced soreness during/after
10	5 x 19:20	5 x 19:20	3	Almost there!

*ADM = ACTIVITY DOSAGE METER

MY PLAN

TARGET MOVEMENT/ACTIVITY:

UNIT OF MEASUREMENT (MIN, REPS, SETS, ETC.):

WHERE I AM NOW:

MY GOAL:

HOW OFTEN I WILL PRACTICE (DAYS/WEEK):

STARTING AMOUNT:

WEEKLY PROGRESSION (10-20%):

MY PROGRESS TRACKER

WEEK	PLAN	ACTUAL	ADM* SCORE	NOTES/OBSERVATIONS
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

*ADM = ACTIVITY DOSAGE METER