

THE ACTIVITY DOSAGE METER

This tool is designed to assist you in finding the right dosage of an activity when pain or other symptoms are present.

1. **Choose an activity** you want to do (e.g. walking, bending, lifting, running)
2. **Specify its exact parameters** (intensity/resistance, duration/distance) in the box at the top
3. **Answer the 6 questions** based on the symptom patterns
4. **Add the six sub-scores together** to find whether you have *Room to Progress*, or may need to *Stop & Reassess*

ACTIVITY / MOVEMENT:

INTENSITY / RESISTANCE:

DURATION / DISTANCE:

BASELINE SYMPTOMS

What is it like when you're resting?

- 0 = It's not there
- 1 = It's there, but just a bit
- 2 = It's moderate
- 3 = It's very intense

Does it wake you up at night?

- 0 = No
- 1 = Yes

SYMPTOMS OVER 2-4 WEEKS*

What's been happening over the last several weeks?

- 1 = It's getting better
- 0 = It's staying the same
- 1 = It's getting worse

*over 2-4 weeks of activity consistency

SYMPTOMS DURING ACTIVITY

What is it like during the activity?

- 0 = It's not there
- 1 = It's there, but just a bit
- 2 = It's moderate
- 3 = It's very intense

What happens over the course of the activity?

- 1 = It improves
- 0 = It stays the same
- 1 = It gets worse

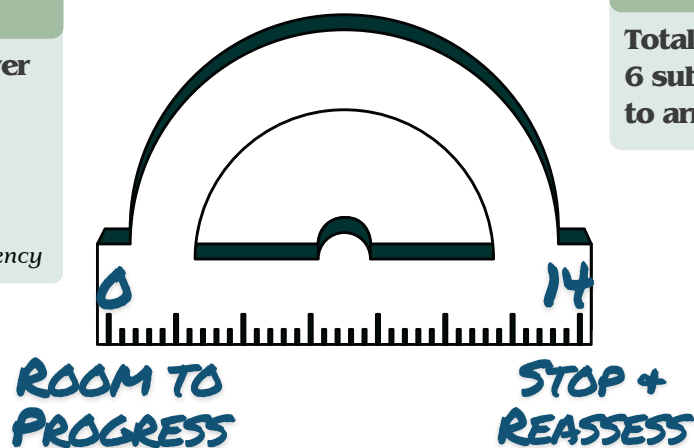
SYMPTOMS AFTER ACTIVITY

What is it like after the activity compared to before?

- 1 = It's better
- 0 = It's the same
- 1 = It's worse for < 30min
- 2 = It's worse for 30min-2h
- 3 = It's worse for 2-12h
- 4 = It's worse for 12-36h
- 5 = It's worse for > 36h

SCORE

Total the numbers from all 6 sub-categories to arrive at your score



DISCLAIMER

This tool assesses and provided guidance on activity dosage, not diagnosis. Always listen to your body and consult your provider when in doubt.