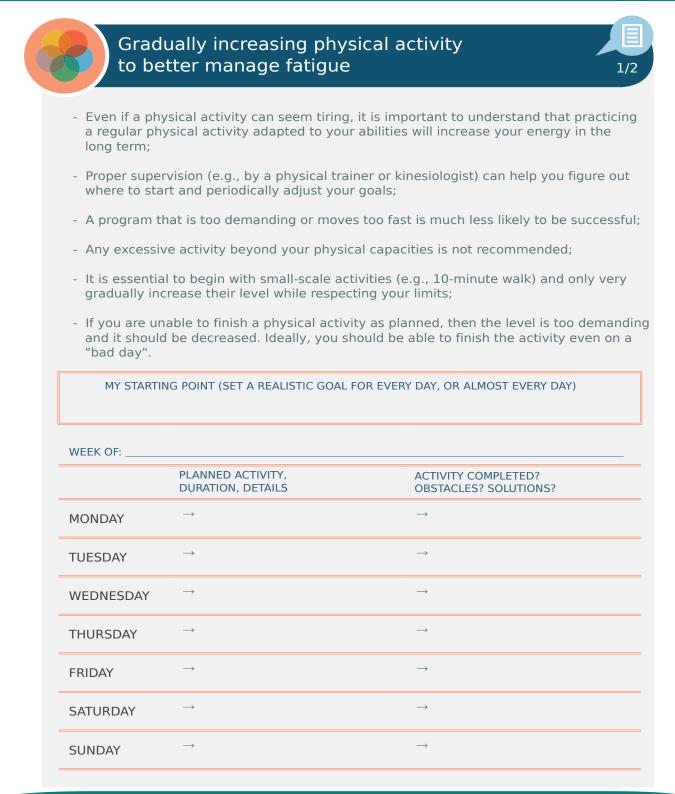
Appendix 11.4

Gradually Increasing Physical Activity to Better Manage Fatigue



Adapted from: Ouellet, M.-C., Beaulieu-Bonneau, S., Savard, J., & Morin, C. M. (2015). Insomnie et fatigue après un traumatisme craniocérébral : Manuel d'évaluation et d'intervention.



- Even if a physical activity can seem tiring, it is important to understand that practicing a regular physical activity adapted to your abilities will increase your energy in the long term;
- Proper supervision (e.g., by a physical trainer or kinesiologist) can help you figure out where to start and periodically adjust your goals;
- A program that is too demanding or moves too fast is much less likely to be successful;
- Any excessive activity beyond your physical capacities is not recommended;
- It is essential to begin with small-scale activities (e.g., 10-minute walk) and only very gradually increase their level while respecting your limits;
- If you are unable to finish a physical activity as planned, then the level is too demanding and it should be decreased. Ideally, you should be able to finish the activity even on a "bad day".

MY STARTING POINT (SET A REALISTIC GOAL FOR EVERY DAY, OR ALMOST EVERY DAY)

WEEK OF:		
	PLANNED ACTIVITY, DURATION, DETAILS	ACTIVITY COMPLETED? OBSTACLES? SOLUTIONS?
MONDAY	\rightarrow	\rightarrow
TUESDAY	\rightarrow	\rightarrow
WEDNESDAY	\rightarrow	\rightarrow
THURSDAY	\rightarrow	\rightarrow
FRIDAY	\rightarrow	\rightarrow
SATURDAY	\rightarrow	\rightarrow
SUNDAY	\rightarrow	\rightarrow

Adapted from: Ouellet, M.-C., Beaulieu-Bonneau, S., Savard, J., & Morin, C. M. (2015). Insomnie et fatigue après un traumatisme craniocérébral : Manuel d'évaluation et d'intervention.