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| **STATION #3 - GRADED ACTIVITY PLAN**Graded activity in a paced, and planned way!This means doing activity based on a PLAN, and NOT based on how you feel.**Step #1.** Choose an activity**Step #2.** Find your baseline**Step #3.** Plan your progression(increase by 10-20% each week)**Step #4.** Try not to flare, but don’t panic if you do!My long-term goal is….My progressive plan is…

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| **Date​** | **Weekly goal​** | **Outcome​** |
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**EXAMPLES** |