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