

ICANCOPE WITH SICKLE CELL PAIN

MY GRADED ACTIVITY SCHEDULE

- Use this chart to plan how you will increase your activity time gradually over the next 4 weeks.
- If your pain doesn't get worse after 2 or 3 days of activity, you can increase the activity time by a few minutes (and try to keep the rest time the same). You can keep increasing this activity time every two or three days as long as your pain doesn't worsen.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
1	2	3	4	5	6	7
1	2	3	4	5	6	7
1	2	3	4	5	6	7