



## Concussion Weekly Action Plan

### RECOVERY GOALS

You cannot predict full recovery so focus on weekly improvements

#### **Each goal needs:**

- 1) What I am going to do
- 2) How much I will do
- 3) When I am going to do it

### EXAMPLES (these may or may not pertain to you)

#### **Activity goals**

- I will walk 20 minutes each day after school
- I will jog each day before school

#### **Rehabilitation goals**

- I will do 3 neck stretches each day before dinner
- I will do my eye pushups every day before school

#### **Social goals**

- I will go to school for 2 hours each day
- I will hang out with my good friend for an hour after school

#### **Academic goals**

- I will read for 15 minutes each day
- I will do (Cognitive Gym/Lumosity) each day for 15 min after school

#### **Play goals**

- I will play cards with my brother when I am bored
- I will play a board game with family/friend several days a week

#### **Nutrition goals**

- I will take my Vitamin D and Fish oil every morning with breakfast
- I will eat dinnertime

#### **Hydration goals**

- I will drink 2 glass of water before school, and 4 glasses after school everyday
- I will carry a water bottle with me at all times

#### **Sleep goals**

- I will get ready for bed every night at 9:00
- I will avoid all screens after dinner

#### **Symptom prevention goals**

##### AVOID TRIGGERS

- I will not drink caffeine at any time
- I will not watch more than 1 hour of TV/ Computer
- I will check texts once in morning and once in evening

##### IDENTIFY NEW TRIGGERS

- I will write down what I was doing before I got a headache to show Dr. Mo
- I will keep a headache diary to help identify new triggers

#### **Coping goals**

- I will use meditation, relaxation, prayer to help cope with my stress
- I will ask my family and friends for support when I feel isolated and alone