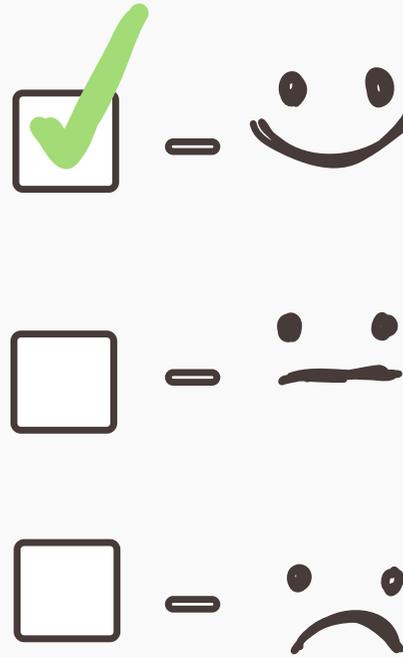


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PAM Tracker

worksheet

1 Identify physical activities that give you a sense of PAM

1. Identify three physical activities that you usually do or would like to try out. Any physical activity - regardless of complexity, intensity and duration - counts! You can refer to our list of physical activities [here](#).

- 1.
- 2.
- 3.



2. Write down how these activities give you a sense of pleasure (P), achievement (A) and/or mastery (M).

It is okay if these activities cannot provide all three senses of PAM, but it should include at least one.

	Physical Activity		
	1	2	3
Pleasure			
Achievement			
Mastery			

Start planning! 2

Using more detail when planning out activities supports us in forming a habit. Try to use the above information to help you complete this activity.

Choose 1-2 activities that you would like to incorporate in your daily routine

Remember to consider the accessibility and practicality when choosing which exercise to include. You can use the space below to plan out the details. Make sure to be as specific as possible, including what, when, where, how and who.

Make sure your goal is SMART!

SMART goals can help you to set a plan on what you want to achieve - to get your daily dose of PAM while keeping it achievable and measurable.

Some points to consider when planning out the activity:

Specific Include what, when, where, how and who.

Measurable How long does each session last?

Achievable Do you have enough resources? Is the activity easily accessible that you can do it regularly?

Relevant Does it give you a sense of PAM?

Timely When will you start your plan?

1. I would like to include the following activities in my daily schedule:

E.g. I will run alone for 30 minutes by the promenade.

2. How to remind myself to exercise?

E.g. Setting a reminder on your phone calendar

3. What are some alternatives (e.g. places, duration, resources, etc.) available if the current plan is inaccessible?

4. What else do I need for my plan?

E.g. What to prepare beforehand to make sure your plan runs smoothly?

5. How can I motivate myself to continue doing the activity?

6. When and how will I review my progress?

My PAM Calendar

3

Create your tracker for the month to include actions you will do each week to achieve your goal. Review them regularly according to your plan.

Tips on creating your tracker

Moderation is key

While incorporating exercise into our daily routines is important, overdoing it can also affect our wellbeing – try to slow it down if you notice that you are not finding joy and pleasure. Learn more about how excessive exercise negatively affects our wellbeing [here](#).

Start small

Try to include 1-2 activities to warm up yourself, and adjust your schedule according to how you feel.

Trial and error are normal.

Consider this a little experiment to motivate yourself in incorporating exercise into your daily life – there is going to be trial and error, and that is okay. Don't beat yourself up about this! Review your plans regularly and adjust accordingly.

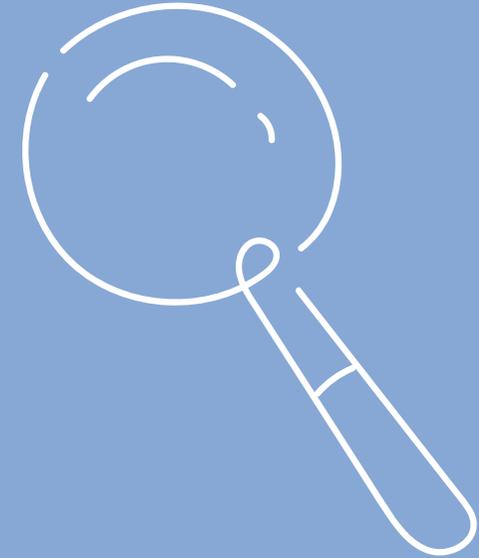


Include your friends and family for an extra dose of support!

Invite your friends and family to join the activity, not only to keep you accountable, but also as a way to make it more pleasurable.

Monthly Overview

1. How do you feel after going through the plan, including physical activity regularly in your schedule?



2. Did you achieve your goal? If yes, how did you achieve it? If not, what were your main obstacles?

3. How will you adjust your plan after evaluating this month's performance?

4. How can you change things up to make them more engaging for the next round?



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