

Return-to-activity worksheet

Use this when the joint is improving and you want to walk, train, work, travel, or wear normal shoes again.

Do not include names, photos, addresses, clinician names, or account details unless you need them for your own private record.

Record label

- Record label:
- Joint:
- Side:
- Approximate flare start:
- Current day of recovery, if known:
- Current baseline compared with normal:

Today check

Signal	Today
Pain at rest 0-10	
Pain with walking or joint use 0-10	
Heat	
Swelling	
Stiffness	
Touch sensitivity	
Limp or altered gait	
Shoe, sock, bedding, or gear tolerance	
Sleep last night	

Choose today's layer

Choose the highest layer that does not increase symptoms during the activity or the next morning.

- Layer 0: quiet at rest
- Layer 1: household movement only
- Layer 2: shoe or short walk test
- Layer 3: gentle mobility or light daily activity
- Layer 4: light training, short work block, or low-load travel movement
- Layer 5: normal training, normal work demands, or usual walking

Today's chosen layer:

Why this layer:

Context that can change the answer

- Heat or humidity:
- Hydration:
- Sleep debt:
- Travel or long standing:
- New shoes, tight socks, or pressure:
- Training load yesterday:
- Medication or supplement change:
- Alcohol, concentrated fructose, fasting, illness, or stress:

Next-day response

Fill this tomorrow if possible.

Signal	Better, same, worse, or unclear
Pain	
Heat	
Swelling	
Stiffness	
Touch sensitivity	
Walking or joint use	
Sleep	

Step-back rule

Step back to:

Trigger for stepping back:

- Pain jumps above my action threshold
- Heat or swelling returns
- Limp appears or worsens
- Touch sensitivity returns
- Next-morning rebound appears
- The pattern is not normal for me

Tomorrow plan

- If better:
- If same:
- If worse:
- If unusual:

Claude prompt

Help me choose a return-to-activity layer after a gout flare. Ask one question at a time about base