

### Activity Management Inventory for Pain (AMI-P)

**Instructions:** People with pain manage their daily activities (chores, exercise, work, social activities, etc.) in different ways.

Each of the following questions has two parts. The first part asks about *how often* **you manage your daily activities** in a particular way (e.g., by breaking larger tasks into smaller pieces). The second part asks about the **reasons** why you manage them that way (e.g., to feel less pain, be better able to complete the task, achieve your goals, save your energy).

**Please give an answer to both parts.** For the first part, please circle the number of days in the past week that you used the activity management strategy. Then, for the second part, please check the reason or reasons that you used the strategy (please *check all that apply*). **Note:** if you didn't use a certain strategy (i.e., 0 days per week), please indicate "I did not do this" as the reason.

Here is an example:

How many days in the last week did I . . . ?	Number of days per week (circle one)	I did this in order to...				
		Feel less pain	Get more done	Complete the task	Save my energy	I did not do this
Slow down during an activity	0 1 2 3 4 5 6 7	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

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How many days in the last week did I . . . ?	Number of days per week (circle one)	I did this in order to...				
		Feel less pain	Get more done	Complete the task	Save my energy	I did not do this
1. Break up a task into smaller pieces	0 1 2 3 4 5 6 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Rest, lie down or sit down	0 1 2 3 4 5 6 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Keep to a pre-set goal for an activity	0 1 2 3 4 5 6 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Go not too fast, not too slow	0 1 2 3 4 5 6 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Alternate rest with activity	0 1 2 3 4 5 6 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Rest when I felt tired	0 1 2 3 4 5 6 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Stop an activity before it was completed	0 1 2 3 4 5 6 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Slow down during an activity	0 1 2 3 4 5 6 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Limit activities to only those that were the most important to me	0 1 2 3 4 5 6 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Stop an activity, take a break and go back to it later	0 1 2 3 4 5 6 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Go at a slow but steady pace	0 1 2 3 4 5 6 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Divide a task into smaller pieces and did the pieces one at a time	0 1 2 3 4 5 6 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Sit down	0 1 2 3 4 5 6 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Rest for a set amount of time	0 1 2 3 4 5 6 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Switch back and forth between activity and rest	0 1 2 3 4 5 6 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Lie down	0 1 2 3 4 5 6 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Do an activity based on how my body felt at that time	0 1 2 3 4 5 6 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Stop only after a set amount of time	0 1 2 3 4 5 6 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Rest as long as I needed	0 1 2 3 4 5 6 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Set a reasonable and specific activity goal and do no more, or less for myself	0 1 2 3 4 5 6 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>