



Moving Medicine

**Workbook for
an active
lifestyle**



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Personalised Plan for an Active Lifestyle

This worksheet will help you generate your own, tailored plan for becoming and staying more active.

How physical activity currently fits into my life:

.....
.....
.....

How important increasing my activity levels is to me:

(Circle a number on the scale below)

Not important 0 1 2 3 4 5 6 7 8 9 10 **Very important**

Why did you choose this number and not a lower one?

.....
.....
.....

How confident I am that I will be able to increase my activity levels:

(Circle a number on the scale below)

Not important 0 1 2 3 4 5 6 7 8 9 10 **Very important**

Why did you choose this number and not a lower one?

.....
.....
.....

My 3 best reasons for becoming more active are:

.....
.....
.....

Differences I might notice in 6 months if I became more physically active include:

Activities I have enjoyed in the past include:

Setting my goals

Setting goals can help you keep focussed and motivated. It is useful to consider both short and long term goals to break your progress up into achievable chunks. When setting goals it is useful to keep them:

- **Specific** – The goal should make it clear what you want to accomplish eg. Walk up the hill near my house without stopping
- **Measurable** – Identify a way to measure and track progress toward the goal eg. Increase the number of lampposts I walk to each week
- **Attainable** – Choosing very hard goals sets you up for failure so make them easy and realistic eg. If you are not currently active, a better goal should be to walk up your local hill without stopping rather than run all the way up.
- **Relevant** – Make goals relevant to important things in your life. For instance, walking up the hill from your house may help you visit your family and friends more often if they live at the top of the hill.
- **Time-framed** – Think about how frequently and for how long you will do the activity. For instance you might start by aiming to walk for 20 minutes on the days you go to the local shop.

Short term goals

What would you like to achieve in the next 2-4 weeks?

Medium term goals

What would you like to achieve in the next 2-4 months?

Long term goals

What would you like to achieve in the next 6-12 months?

How do I get there?

What will you need to do to accomplish your goals:

In the short term?	In the medium term?	In the long term?

What problems might you encounter and how will you overcome them?

It is important to prepare for setbacks and remember that there is more than one path to each destination

Problem 1:	Problem 2:	Problem 3:
How will I overcome this?	How will I overcome this?	How will I overcome this?

Help I may need from others

It is important to get support along your journey.

Person 1:

.....

Help I may need from them:

.....

.....

.....

Person 2:

.....

Help I may need from them:

.....

.....

.....

Taking Action

Now it's time to make your own action plan. A healthy active lifestyle involves building small chunks of activity into all aspects of your daily routine. Remember to start small and build up gradually.

Consider the following advice when filling in your activity

- Chose local activities and ones that fit into the routine you already have
- Chose activities you enjoy. One way to achieve this is to do it with friends.
- You do not need to spend lots of money being active – chose activities you can afford such as walking in the park.

My Activity plan

Month:

	Mon	Tues	Weds	Thurs	Friday	Sat	Sun
Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How I did