

Personal Exercise Guide

Patient name : DOB:

My general goal is:

My specific exercise goal

What am I going to do?

My confidence

On a scale of 1 to 10, how confident am I that I can achieve my specific exercise goal? (circle)

Not confident 1 --- 2 --- 3 ---4 --- 5 --- 6 --- 7 --- 8 --- 9 --- 10 Very confident

My action plan

Where am I going to do it?

When am I going to do it?

Exercise diary

It is important to measure and record your progress, so that you can see when you are succeeding, as well as to work out what you can change if your plan is not working.

When will I record it?

Where will I complete my diary?

Patient

I will do the exercises (My specific goal), record my progress (Exercise Diary) and bring my exercise diary to the next meeting.

Signature:

Date:

Practitioner

I will discuss with you your exercise diary and how you got on when you bring it back at the next meeting.

Signature:

Date:

Review

If none of the above has changed since the last session, review the form again along with the Exercise Diary, re-check their goals and confidence level and go through their action plans for the programme and Exercise Diary completion. Re-read through the Patient and Practitioner statements above and then re-sign below. If any part changes OR NEEDS TO CHANGE, you must fill out a new sheet.

Patient

Signature:

Date:

Signature:

Date:

Signature:

Date:

Signature:

Date:

Practitioner

Signature:

Date:

Signature:

Date:

Signature:

Date:

Signature:

Date: