



Moving Medicine

Making plans to Move More

This workbook and diary will help you think about your motivation to become more active and explore your confidence to make this change happen.

Becoming more active

How important is it to you to become more active?

(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 circle this number and not a lower number of less importance?

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What would need to change to make you chose a higher number?

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Exploring your confidence

How confident are you that you'll be able to increase your activity levels and keep it up?

(Circle a number on the scale below)

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

Why did you feel confident to circle this and not a lower number?

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What could change to help you become more confident?

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Thinking about your future

What good things could come from becoming more active?

What good things could come from not changing your activity and staying as you are?

Imagine you have managed to live a more active lifestyle for the next 5 years, how might life look different compared to living it as you are currently?

Planning for change

What will success be for you?

Who can help you achieve this success and how might they do so?

What might get in the way of your plans and how might you overcome these obstacles?

What will you do?

When setting goals it is better to set easily achievable targets. They are easier to achieve if you focus them on a specific activity and detail when, where and for how long you will do them. See the following example:

I will	<i>Walk outside</i>		
On	<i>Weekdays after breakfast</i>	With	<i>My partner</i>
At	<i>The local park</i>	For	<i>20-30 minutes</i>

Now try it yourself:

I will			
On		With	
At		For	

Monthly activity diary

Week 1

I will			
On		With	
At		For	

What went well for me this week included:

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Now set goals for week 2:

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Week 2

I will			
On		With	
At		For	

It was important for me to try my best this week because:

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Now set goals for week 3:

Week 3

I will			
On		With	
At		For	

This week I felt:

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Now set goals for week 4:

Week 4

I will	
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On	
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With	
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At	
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For	
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I feel able to improve:

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Now your goals for next month and book back in to see your health professional to keep working on your progress.