

Active Hospital Pre-Appointment Questionnaire.

Moving more can help prevent and manage over 20 common conditions and diseases.

At your appointment, your physiotherapist will ask you about your activity levels. It may help you to have a think beforehand to work out how active you currently are.

Please complete the following questions and bring this questionnaire with you to your appointment.

1. In an average week how active are you?

** This includes any activity that would raise your heart rate, make you breathe faster and feel warmer **

- 0-30 minutes of physical activity per week
- 30 to 150 minutes of physical activity per week
- More than 150 minutes of physical activity per week

2. Do you want to be more active?

- Yes
- No

3. Is there anything stopping you from becoming more active?

If you want some support to find out how you can improve your activity levels, your physiotherapist can help you.

Thank you!