

30 Minute Exercise Plan

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Agree each goal and action together, then set a review date. Update the plan whenever circumstances change.

Name: _____

Date completed: _____ dd / mm / yyyy

Date of birth: _____ dd / mm / yyyy

Record / MRN number: _____

Prepared by: _____

Date agreed: _____ dd / mm / yyyy

Review date: _____ dd / mm / yyyy

Next appointment: _____

Background - why this plan is needed

GOALS

Goal 1: _____

How progress is measured (Goal 1): _____

Target date (Goal 1): _____ dd / mm / yyyy

Goal 2: _____

How progress is measured (Goal 2): _____

Target date (Goal 2): _____ dd / mm / yyyy

Goal 3: _____

How progress is measured (Goal 3): _____

Target date (Goal 3): _____ dd / mm / yyyy

Goal 4: _____

How progress is measured (Goal 4): _____

Target date (Goal 4): _____ dd / mm / yyyy

Goal 5: _____

How progress is measured (Goal 5): _____

Target date (Goal 5): _____ dd / mm / yyyy

ACTIONS

Action 1: _____

Who is responsible (Action 1): _____

Start (Action 1): _____ dd / mm / yyyy

Review (Action 1): _____ dd / mm / yyyy

Action 2: _____

Who is responsible (Action 2): _____

Start (Action 2): _____ dd / mm / yyyy

Review (Action 2): _____ dd / mm / yyyy

Action 3: _____

Who is responsible (Action 3): _____

Start (Action 3): _____ dd / mm / yyyy

Review (Action 3): _____ dd / mm / yyyy

Action 4: _____

Who is responsible (Action 4): _____

Start (Action 4): _____ dd / mm / yyyy

Review (Action 4): _____ dd / mm / yyyy

Action 5: _____

Who is responsible (Action 5): _____

Start (Action 5): _____ dd / mm / yyyy

Review (Action 5): _____ dd / mm / yyyy

Action 6: _____

Who is responsible (Action 6): _____

Start (Action 6): _____ dd / mm / yyyy

Review (Action 6): _____ dd / mm / yyyy

Action 7: _____

Who is responsible (Action 7): _____

Start (Action 7): _____ dd / mm / yyyy

Review (Action 7): _____ dd / mm / yyyy

SUPPORT IN PLACE

Support in place

- ☐ Written information provided
- ☐ Contact details for questions given
- ☐ Family, carer or colleague involved with consent
- ☐ Equipment or medication supplied
- ☐ Follow-up booked

What to do if things change - warning signs and who to contact

REVIEW RECORD

Date (Review 1):	dd / mm / yyyy	Progress (Review 1):	
Changes made (Review 1):		Reviewed by (Review 1):	
Date (Review 2):	dd / mm / yyyy	Progress (Review 2):	
Changes made (Review 2):		Reviewed by (Review 2):	
Date (Review 3):	dd / mm / yyyy	Progress (Review 3):	
Changes made (Review 3):		Reviewed by (Review 3):	
Date (Review 4):	dd / mm / yyyy	Progress (Review 4):	
Changes made (Review 4):		Reviewed by (Review 4):	
Date (Review 5):	dd / mm / yyyy	Progress (Review 5):	
Changes made (Review 5):		Reviewed by (Review 5):	

Signature and date

Clinician signature and date