

Upper Body Weight Workout 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 - Goal: _____

Goal 1 - How progress is measured: _____

Goal 1 - Target date: _____ dd / mm / yyyy

Goal 2 - Goal: _____

Goal 2 - How progress is measured: _____

Goal 2 - Target date: _____ dd / mm / yyyy

Goal 3 - Goal: _____

Goal 3 - How progress is measured: _____

Goal 3 - Target date: _____ dd / mm / yyyy

Goal 4 - Goal: _____

Goal 4 - How progress is measured: _____

Goal 4 - Target date: _____ dd / mm / yyyy

Goal 5 - Goal: _____

Goal 5 - How progress is measured: _____

Goal 5 - Target date: _____ dd / mm / yyyy

ACTIONS

Action 1 - Action: _____

Action 1 - Who is responsible: _____

Action 1 - Start: _____ dd / mm / yyyy

Action 1 - Review: _____ dd / mm / yyyy

Action 2 - Action: _____

Action 2 - Who is responsible: _____

Action 2 - Start: _____ dd / mm / yyyy

Action 2 - Review: _____ dd / mm / yyyy

Action 3 - Action: _____

Action 3 - Who is responsible: _____

Action 3 - Start: _____ dd / mm / yyyy

Action 3 - Review: _____ dd / mm / yyyy

Action 4 - Action: _____

Action 4 - Who is responsible: _____

Action 4 - Start: _____ dd / mm / yyyy

Action 4 - Review: _____ dd / mm / yyyy

Action 5 - Action: _____

Action 5 - Who is responsible: _____

Action 5 - Start: _____ dd / mm / yyyy

Action 5 - Review: _____ dd / mm / yyyy

Action 6 - Action: _____

Action 6 - Who is responsible: _____

Action 6 - Start: _____ dd / mm / yyyy

Action 6 - Review: _____ dd / mm / yyyy

Action 7 - Action: _____

Action 7 - Who is responsible: _____

Action 7 - Start: _____ dd / mm / yyyy

Action 7 - Review: _____ 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

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

Signature and date

Clinician signature and date