

Active Wait

Active Wait Diary

The Active Wait diary is a tool you can use to help you keep track of your progress and get the most out of the programme.

You can record your attendance to each week so you can make sure you have all of the available information. If life gets in the way and you were unable to visit Active Wait, you can pick up again following from the week you last visited.

You can record the number of times you have followed the exercise routine each week. Aim to do the exercise routine at least twice a week to get the best results.

The diary also enables you to reflect on your journey, thinking about things that you feel good about and things you feel bad about. This allows you to see how your feelings may improve over the 12-week programme.

The diary also encourages you to list two goals for each week. These can be any personal goals that are important to you to help you be focused and motivated while you are on this journey. These are small goals, so make sure they are achievable for that week. To help you track whether you have achieved your goal try adding a measurement, like time (example: 30 minutes), distance (example: 1 mile), or quantity (example: 3 days a week). An example goal could be *“to go for a 20 minute walk, 2x this week”*.

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Week 1 Introduction to Active Wait	Week 2 Managing Pain	Week 3 Importance of Strength	Week 4 Getting Active
<p>Have you attended? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Have you followed the exercise routine this week? <input type="checkbox"/> 1x <input type="checkbox"/> 2x <input type="checkbox"/> 3x or more <input type="checkbox"/> No</p> <p>List two things you feel good about this week?</p> <p>1.</p> <p>2.</p> <p>List two things you feel bad about this week?</p> <p>1.</p> <p>2.</p> <p>List two goals for this week?</p> <p>1.</p> <p>2.</p>	<p>Have you attended? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Have you followed the exercise routine this week? <input type="checkbox"/> 1x <input type="checkbox"/> 2x <input type="checkbox"/> 3x or more <input type="checkbox"/> No</p> <p>List two things you feel good about this week?</p> <p>1.</p> <p>2.</p> <p>List two things you feel bad about this week?</p> <p>1.</p> <p>2.</p> <p>List two goals for this week?</p> <p>1.</p> <p>2.</p>	<p>Have you attended? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Have you followed the exercise routine this week? <input type="checkbox"/> 1x <input type="checkbox"/> 2x <input type="checkbox"/> 3x or more <input type="checkbox"/> No</p> <p>List two things you feel good about this week?</p> <p>1.</p> <p>2.</p> <p>List two things you feel bad about this week?</p> <p>1.</p> <p>2.</p> <p>List two goals for this week?</p> <p>1.</p> <p>2.</p>	<p>Have you attended? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Have you followed the exercise routine this week? <input type="checkbox"/> 1x <input type="checkbox"/> 2x <input type="checkbox"/> 3x or more <input type="checkbox"/> No</p> <p>List two things you feel good about this week?</p> <p>1.</p> <p>2.</p> <p>List two things you feel bad about this week?</p> <p>1.</p> <p>2.</p> <p>List two goals for this week?</p> <p>1.</p> <p>2.</p>

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Week 5 Eating Well & Managing Weight	Week 6 Keeping your Independence	Week 7 Keeping your Spirits Up	Week 8 Avoiding Slips and Trips
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Week 9 Making Positive Lifestyle Change	Week 10 Additional Support	Week 11 Preparing for Surgery	Week 12 Keeping Going
Have you attended? <input type="checkbox"/> Yes <input type="checkbox"/> No	Have you attended? <input type="checkbox"/> Yes <input type="checkbox"/> No	Have you attended? <input type="checkbox"/> Yes <input type="checkbox"/> No	Have you attended? <input type="checkbox"/> Yes <input type="checkbox"/> No
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