

SUPPLEMENTARY FILE 5: MATERIALS TO ENCOURAGE ADHERENCE TO PRESCRIBED EXERCISE

Supervised rehabilitation: goal setting materials

12. Setting your goals

- Setting goals can help you stay focused with your recovery and motivate you to do your exercises.
- Making goals that are **Specific, Measurable, Achievable, Relevant and Timely (SMART)** can help.
- Review your goals regularly to check that you are making some progress. You can record your new goals or modify your old goals on the next page of this workbook.

12.1 What are SMART goals?



Specific: It is important that you set clear and specific goals. Some goals can be vague and difficult to measure.

Measurable: Making the goal specific means that it should be easy to measure how well you have done.

Achievable: Set realistic goals that are not too hard to reach. It is important to make the first goal quite simple and easy to do.

Relevant: Set goals that are important to your recovery and something you need to be able to do or would enjoy doing.

Timely: To keep you motivated, set short-term goals. For example, goals that you can achieve in the next few weeks rather than months.

12.2 Examples of SMART goals

- In 4 weeks: 'Be able to walk for 20 minutes to the local shop'.
- In 6 weeks: 'Be able to do my grocery shopping for 30 minutes once a week'.
- In 8 weeks: 'Be able to do gardening for 45 minutes'.

Supervised rehabilitation: goal setting materials (continued)

12.3. Record your goals here

1st Physiotherapy Session

- Please use the table below to set your long-term and short-term goal(s). Your physiotherapist will provide some help if you need it.

Follow-up Physiotherapy Sessions

- Review your goals with your physiotherapist.
- If you have achieved a goal, you can set a new one now. You can also change your goal, even if you have not achieved it.

	Long-term goal(s)	Achieved?
1		
2		
3		
Short-term goal(s) - review at your physiotherapy session		
1		
2		
3		
4		
5		
6		

Supervised rehabilitation: exercise planner

13. Exercise planner

Fitting exercises into a busy day is not easy. Planning where and when you will do your exercises can help.

You need to think about what will work for you:

- Think about your daily routines and where and when you could do the exercises.
- What will work best for your schedule?
- Many people find it helpful to do the exercises at the same time each day, for example, first thing in the morning or last thing at night.

1st Physiotherapy Session

- Complete the exercise planner below to plan where and when you will do your physiotherapy exercises. Your physiotherapist will provide some help if you need it.

<p>My exercise plan is:</p> <p>1. I will do my exercises in (for example, the kitchen):</p> <p>.....</p> <p>2. I will do my exercises during (time in the day, for example, coffee time):</p> <p>.....</p> <p>If I cannot do them at this time, I will do them:</p> <p>.....</p> <p>I will do my exercises as planned</p> <p>Signed:</p>

Supervised rehabilitation: exercise planner (continued)

Follow-up Physiotherapy Sessions

- If you have not been able to do your exercises as planned, discuss the reasons for this with your physiotherapist. Change your exercise plan if needed.
- If you have been doing your exercises as planned, or don't want to change anything you can skip the form below.

<p>My exercise plan is:</p> <p>1. I will do my exercises in (for example, the kitchen):</p> <p>2. I will do my exercises during (time in the day, for example, coffee time):</p> <p>If I cannot do them at this time, I will do them:</p> <p>I will do my exercises as planned</p> <p>Signed:</p>
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Supervised rehabilitation: exercise diary

14. Exercise diary

Week 1: **Date diary started:**

- Every day, mark a tick (✓) in 1 box.

Mark a tick in the box in the:

- first column if you have completed your exercises as planned
- second column if you have not completed your exercises as it is a planned rest day
- third column if you have not completed your exercises as planned, for example you forgot or did not have enough time

Day	Completed my exercises as planned	Planned rest day	Didn't complete my exercises as planned
1			
2			
3			
4			
5			
6			
7			

Supervised rehabilitation: exercise diary (continued)

Week 2

Date diary started:

Every day, mark a tick (✓) in 1 box.

Day	Completed my exercises as planned	Planned rest day	Didn't complete my exercises as planned
1			
2			
3			
4			
5			
6			
7			

Self-directed rehabilitation: goal setting materials

10. Setting your goals

- Fitting exercises into a busy day is not easy. Getting into a routine can help. There is an exercise diary in this workbook to record when you do your exercises.
- Setting goals can also help you stay focused with your recovery and motivate you to do your exercises.
- Making goals that are **Specific, Measurable, Achievable, Relevant** and **Timely** (SMART) can help.
- You need to set your goals at the beginning, and to plan where and when you will do your exercises.
- Review your goals regularly to check that you are making some progress. You can record your new goals or modify your old goals using the forms in this workbook.

10.1 What are SMART goals?

Specific: It is important that you set clear and specific goals. Some goals can be vague and difficult to measure.

Measurable: Making the goal specific means that it should be easy to measure how well you have done.

Achievable: Set realistic goals that are not too hard to reach. It is important to make the first goal quite simple and easy to do.

Relevant: Set goals that are important to your recovery and something you need to be able to do or would enjoy doing.

Timely: To keep you motivated, set short-term goals. For example, set goals that you can achieve in the next few weeks rather than months.

Self-directed rehabilitation: goal setting materials (continued)

Examples of SMART goals

- In 4 weeks: 'Be able to walk for 20 minutes to the local shop'.
- In 6 weeks: 'Be able to do my grocery shopping for 30 minutes once a week'.
- In 8 weeks: 'Be able to do gardening for 45 minutes'.

**Please use the space below
to set your goals**

	Long-term goal(s)	Achieved?
1		
2		
3		
	Short-term goal(s)	
1		
2		
3		

Self-directed rehabilitation: exercise diary

11. Exercise diary

Week 1

Date diary started:

When you complete your stretching, strengthening and balance exercises for the day, please mark the box with a tick (✓).

If you have not done your exercises as it is a planned rest day, mark the box with a cross (x). If you forgot, mark it with a zero (0).

Day	Stretching exercises	Strengthening exercises	Balance exercises
1			
2			
3			
4			
5			
6			
7			