



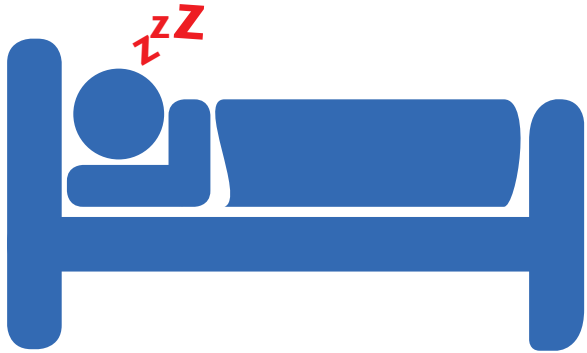
My Activity Passport

My name



MY NORMAL ROUTINE:

I like to get up in the morning at o'clock



I like to go to bed at o'clock

Things that I enjoy or make me happy

.....
.....
.....
.....

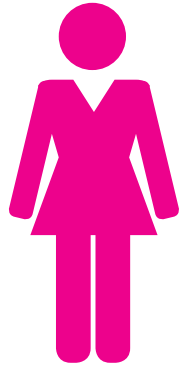


Things I don't like or make me sad

.....
.....
.....

ACTIVITY & EXERCISE

I would like to keep active and exercise (please tick the box):



On my own

As part of a group



ACTIVITIES I ENJOY

.....

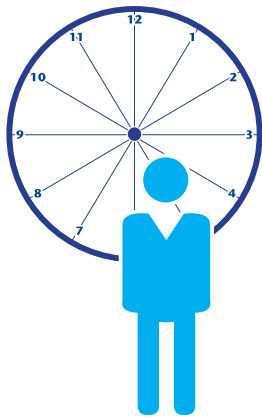
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.....

.....

.....

Please complete this section with a member of physiotherapy or occupational therapy staff.



MY PERSONAL PLAN

I am going to stand up every minutes between o'clock and o'clock..... and move for at least minutes.

I WOULD BE INTERESTED IN TAKING PART IN THE FOLLOWING ACTIVITIES ON THE WARD:

.....

.....

.....

.....

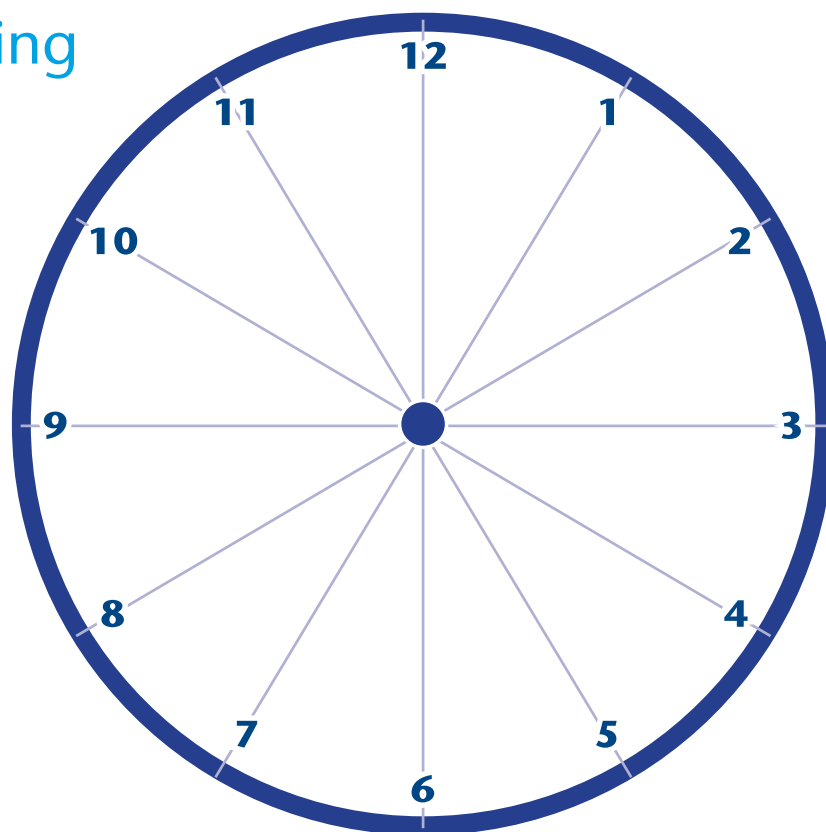
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Please use the clocks on the next seven pages to record your daily activity and exercise over the coming week.

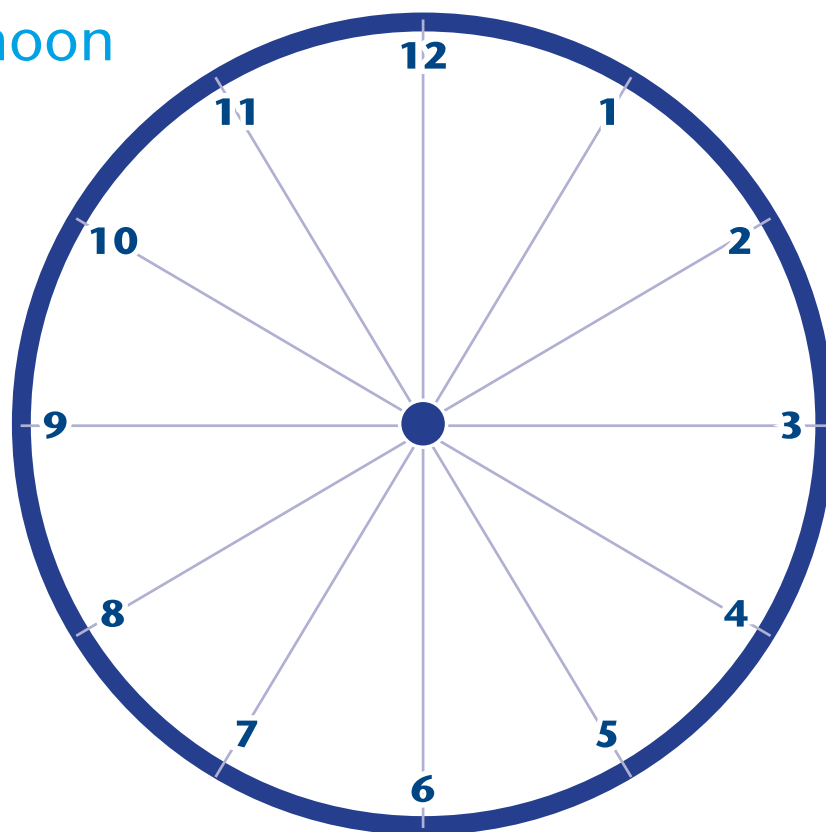


Day Date

Morning

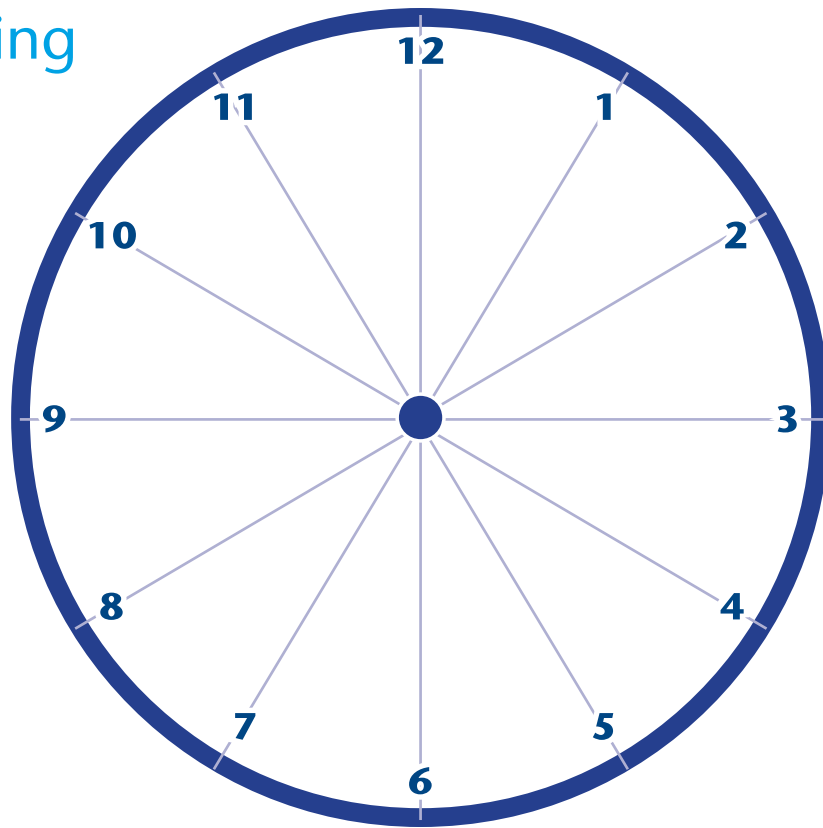


Afternoon

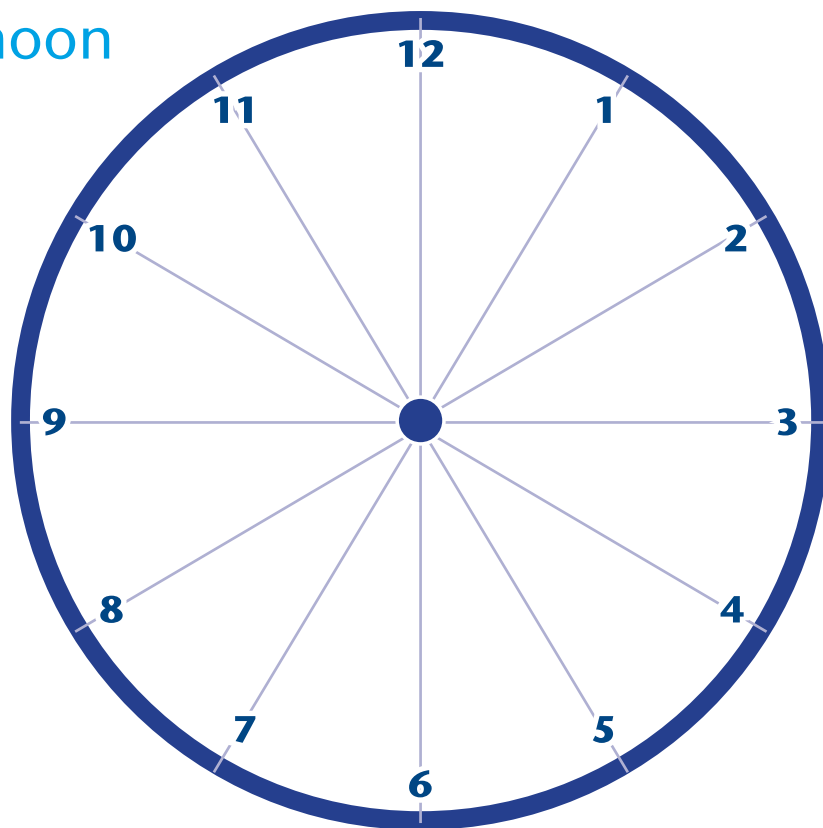


Day Date

Morning

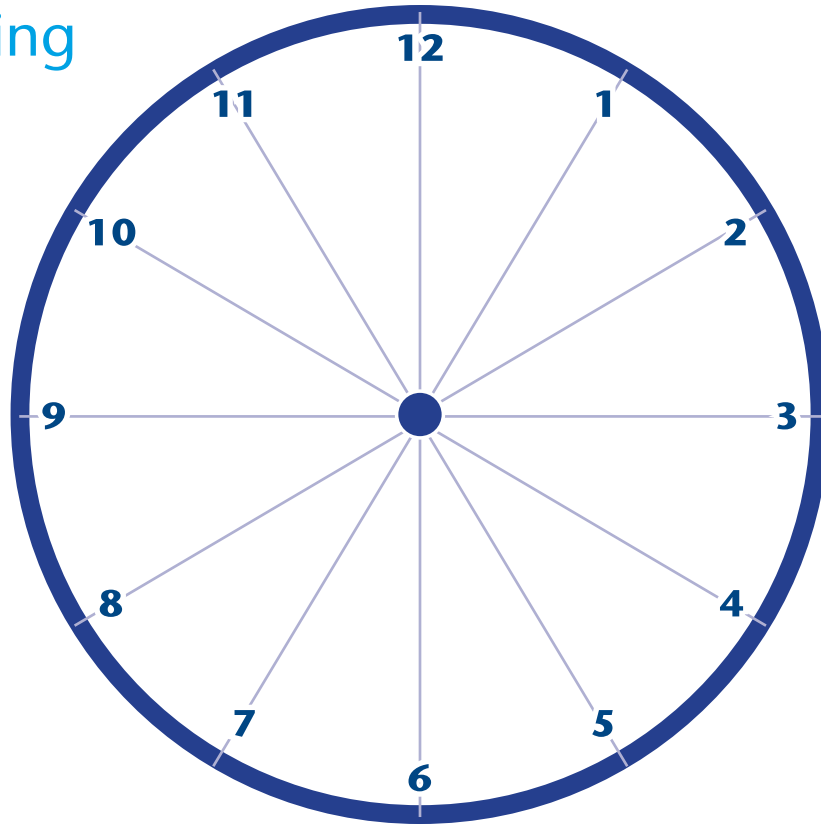


Afternoon

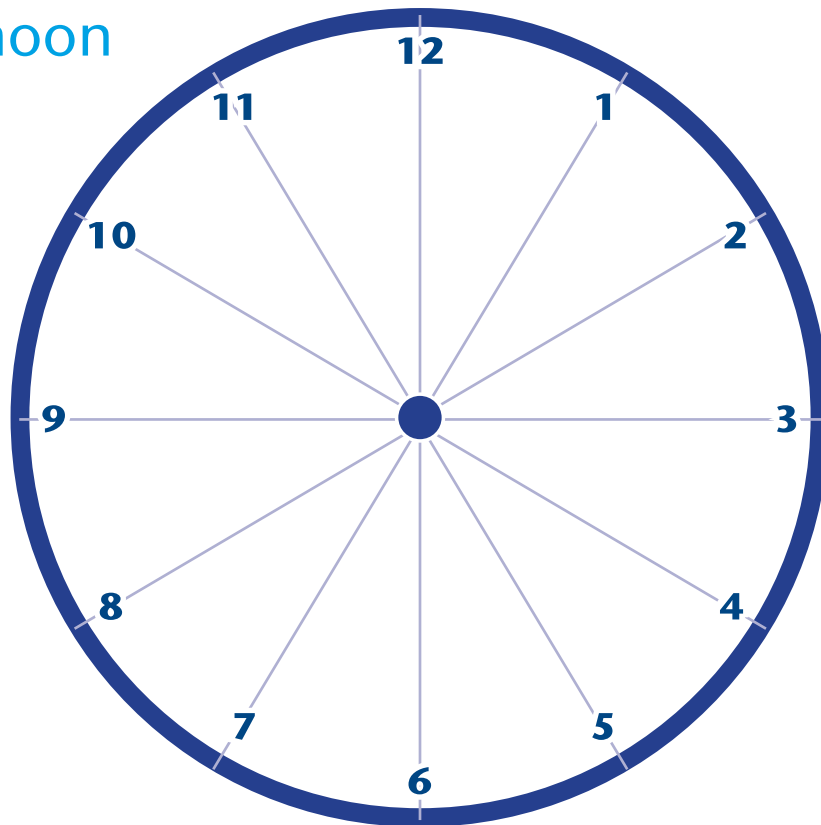


Day Date

Morning

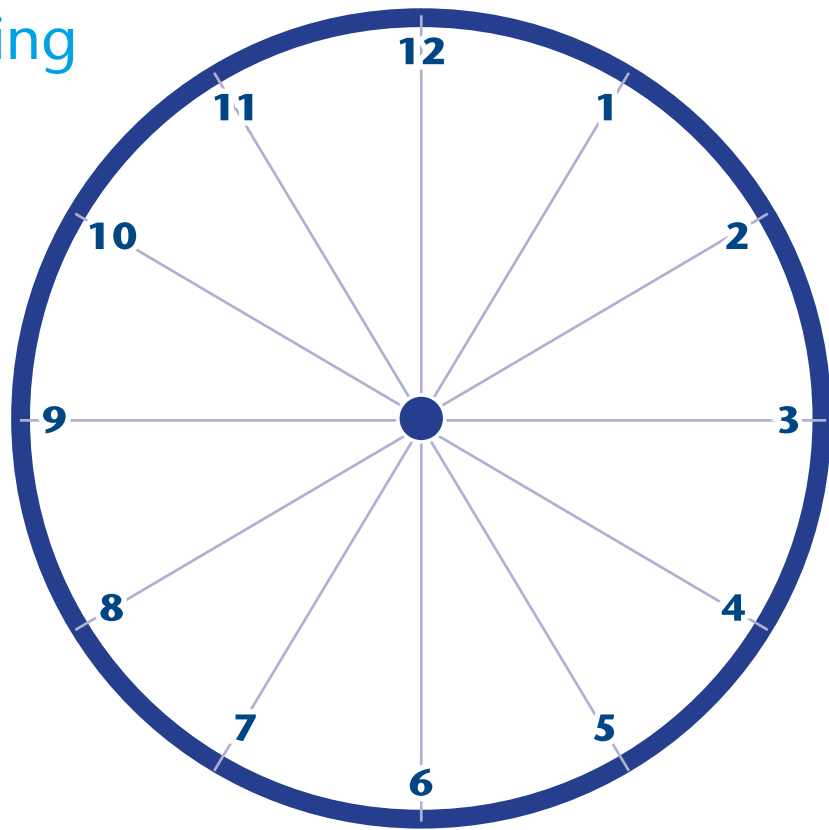


Afternoon

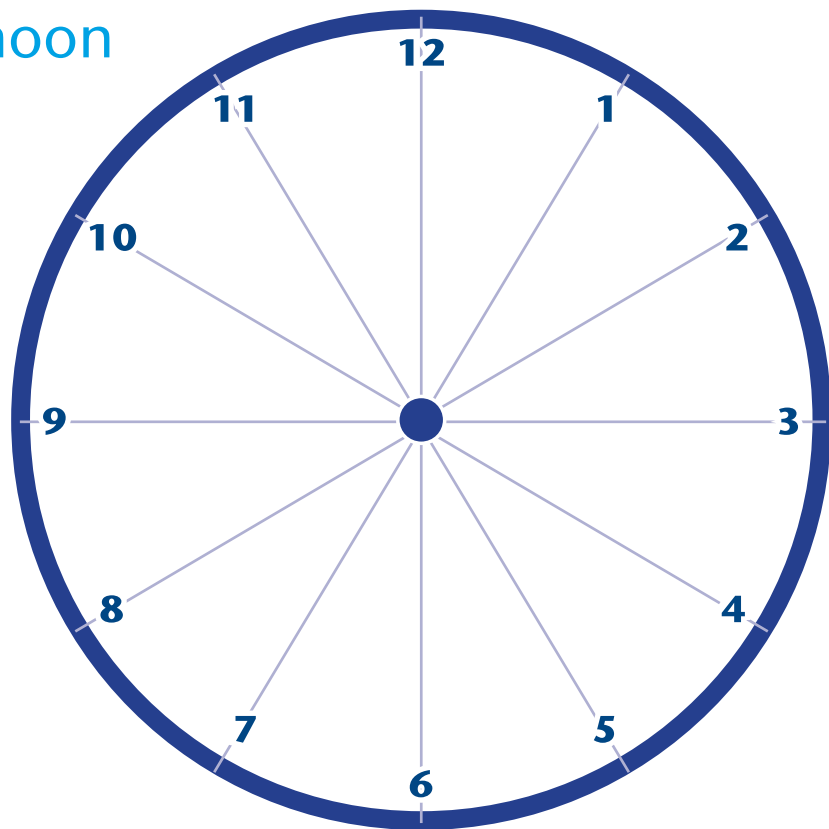


Day Date

Morning

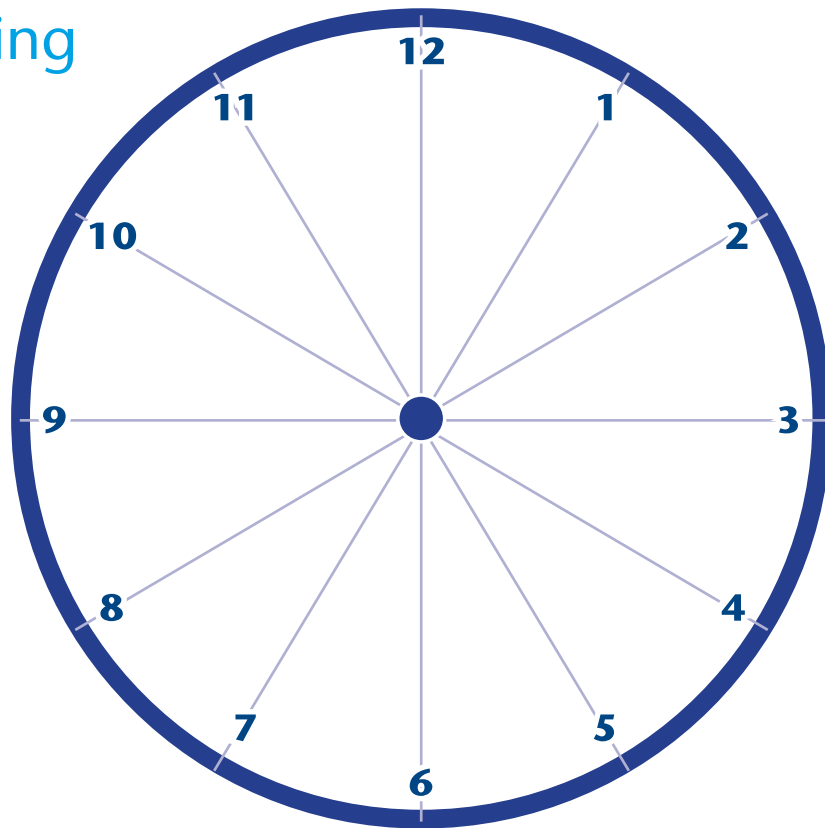


Afternoon

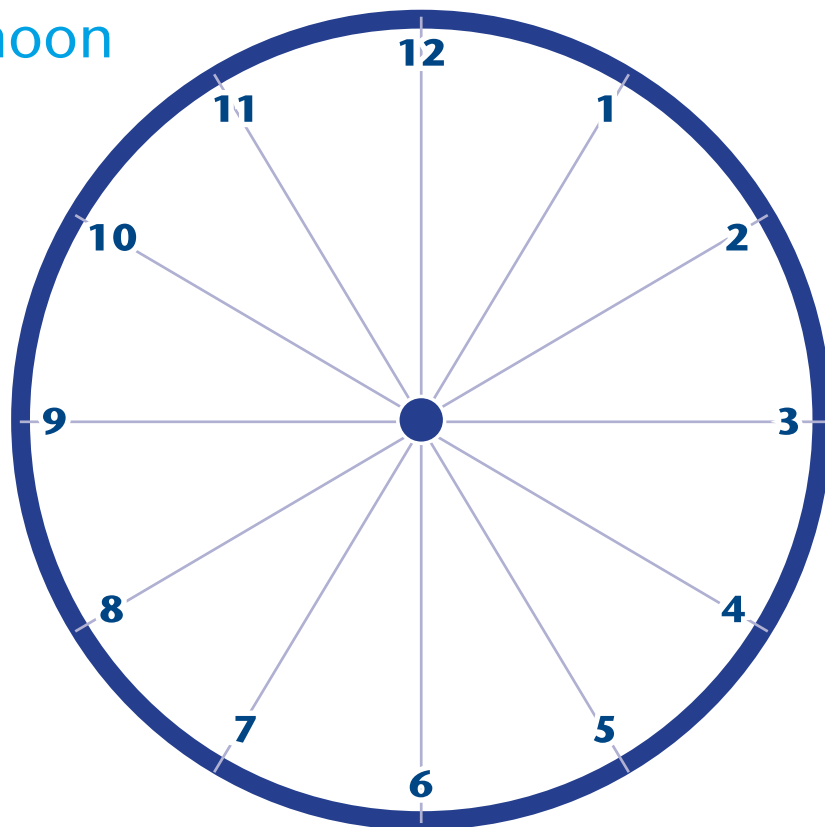


Day Date

Morning

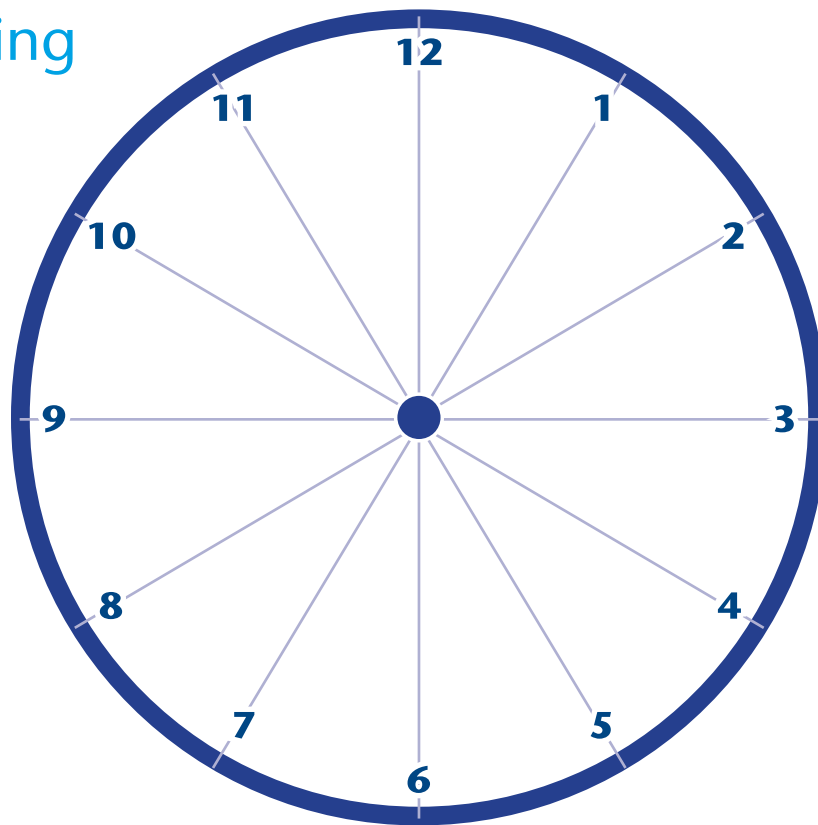


Afternoon

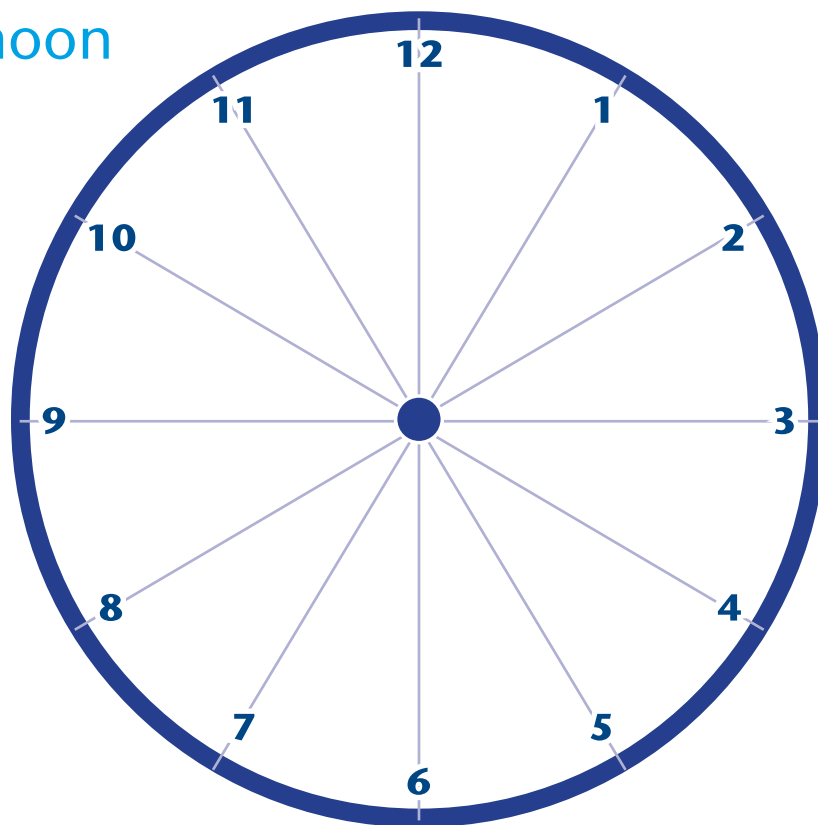


Day Date

Morning

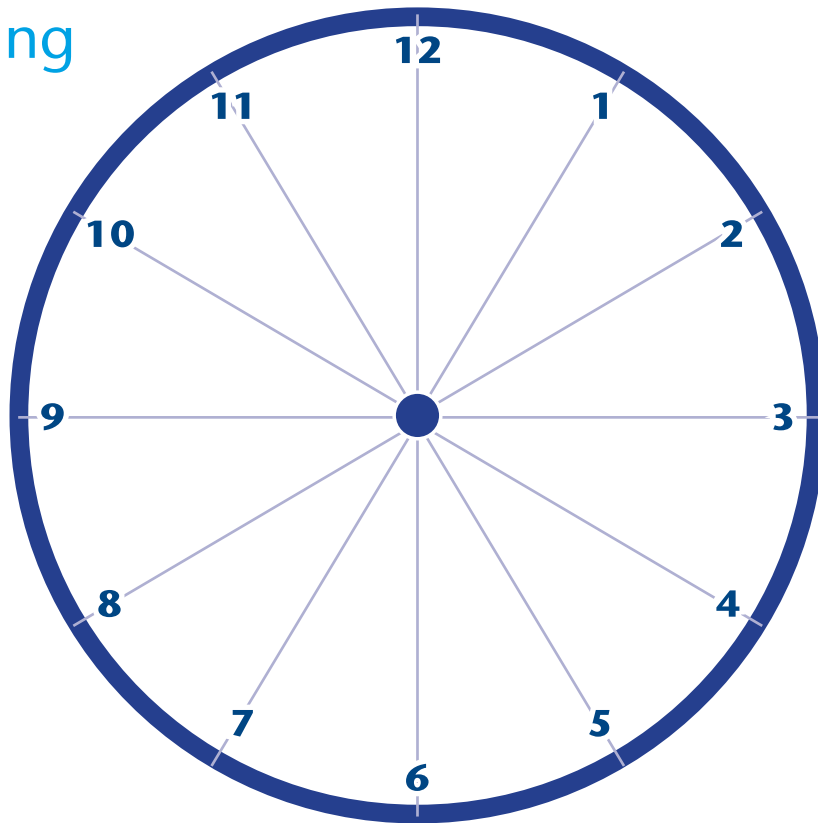


Afternoon



Day Date

Morning



Afternoon

