Physical Activity Brief Intervention Timeline

Healthy Shetland

Appointment 1 | Appointment 2 | Appointment 3 | Appointment 4

Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12

Initial session

- Discuss current physical activity levels and desired levels
- Assess readiness to change
- Discuss motives
- Identify barriers and solutions
- Chat about activities individual enjoys or has enjoyed in past
- Discuss self-monitoring with diary
- Introduce walking programme (if relevant)

Goal setting / building confidence

- Review physical activity diary
- Create SMART goals
- Discuss barriers/solutions
- Prompt self monitoring

Relapse prevention

- Review/amend physical activity goals
- Celebrate successes
- Discuss coping with lapses and relapse prevention
- Discuss negative thinking styles (if relevant)
- Prompt self-monitoring

Final follow up

- Review/amend physical activity goals
- Reflect on progress and celebrate successes
- Discuss maintaining changes
- Discuss future goals
- Re-assess physical activity levels
- Signpost to relevant local opportunities