

Goal Setting and Personal Home Exercise Plan

Goal Setting

Please write down a goal, related to your vertebral osteoporosis, that you wish to achieve

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Plan (How will you achieve your goal)

- 1) Follow the exercise programme given
- 2) Keep a record of the exercises and walking undertaken, and any other issues in the personal exercise diary

When

1. When do you think you can set time to do the exercises?
2. When can you set time to do the walking programme?

Where

1. Where do you plan to do the exercises?
2. Where will you do the walking programme?

Please sign below to indicate that you agree to the above plan.

Participant

Physiotherapist

Review planned (every 4 weeks) (date):