



Moving Medicine

**Workbook for
an active
recovery from
COVID illness**



Moving Medicine

My personalised active recovery plan

This worksheet will help you generate your own, tailored plan for getting back to normal after your COVID illness.

How physical activity fitted into my life before becoming unwell with COVID:

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

How important increasing my activity levels is to me currently:

(Circle a number on the scale below)

Not important 0 1 2 3 4 5 6 7 8 9 10 **Very important**

Why did you choose this number and not a lower one?

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

How confident I am that I will be able to increase my activity levels:

(Circle a number on the scale below)

Not important 0 1 2 3 4 5 6 7 8 9 10 **Very important**

Why did you choose this number and not a lower one?

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

My 3 best reasons for becoming more active following my illness are:

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

Differences I might notice in myself if I manage to gradually increase my activity:

Activities I have enjoyed in the past include:

Setting my goals

Setting goals can help you keep focussed and motivated. It is useful to consider both short and long term goals to break your progress up into achievable chunks. When setting goals it is useful to keep them:

- **Specific** – The goal should make it clear what you want to accomplish eg. Walk up the hill near my house without stopping
- **Measurable** – Identify a way to measure and track progress toward the goal eg. Increase the number of lampposts I walk to each week
- **Attainable** – Choosing very hard goals sets you up for failure so make them easy and realistic eg. If you are not currently active, a better goal should be to walk up your local hill without stopping rather than run all the way up.
- **Relevant** – Make goals relevant to important things in your life. For instance, walking up the hill from your house may help you visit your family and friends more often if they live at the top of the hill.
- **Time-framed** – Think about how frequently and for how long you will do the activity. Whilst in the early stages of recovery this may best be just a few minutes at a time spread throughout the day and interspersed with rest periods.

Short term goals

What would you like to achieve in the next 2 weeks?

Medium term goals

What would you like to achieve in the next 6 weeks?

Long term goals

What would you like to have achieved in 6 months time?

How do I get there?

What will you need to do to accomplish your goals:

In the short term?	In the medium term?	In the long term?

What problems might you encounter and how will you overcome them?

It is important to prepare for setbacks and remember that there is more than one path to each destination

Problem 1:	Problem 2:	Problem 3:
How will I overcome this?	How will I overcome this?	How will I overcome this?

Help I may need from others

It is important to get support from others whilst recovering from serious illness.

Person 1:

.....

Help I may need from them:

.....

.....

.....

Person 2:

.....

Help I may need from them:

.....

.....

.....

Taking Action

Now it's time to make your own action plan. A healthy active lifestyle involves building small chunks of activity into all aspects of your daily routine. Remember to start small and build up gradually, listening to your symptoms.

Consider the following advice when filling in your activity

- Chose local activities and ones that fit into the routine you already have
- Chose activities you enjoy. One way to achieve this is to do it with friends.
- You do not need to spend lots of money being active – chose activities you can afford such as walking in the park.

