



# Move It May

Activities don't have to be big movements. Small movements, even as simple as sitting up to set up a game of chess, can have an impact on our strength and body condition and help to keep us mobile and healthy.

An activity planner is an easy tool that can assist you to identify activities you have enjoyed in the past, activities you enjoy now and activities that you may like to try in the future.

Use this activity checklist to plan activities you would like to try or get back into the habit of. Use the blank spaces for any additional activities not listed that you would like to spend time on.

## Activity planner

Name:		Date:			
My health professional:					
Tick the activities you have spent time on in the past, spend time on now, or would like to spend more time on in the future.					
	Activity	Past	Now	Future	Comments
Home Based	Puzzles or crosswords				
	Reading – books, newspapers or magazines				
	Gardening				
	Car maintenance				
	Cleaning, washing or ironing				
	Cooking				
	DIY, decorating, restoration or mending				
	Shopping				
	Board, table or card games				

	Activity	Past	Now	Future	Comments
<b>Social</b>	Bowling, darts, pool or snooker				
	Eating out				
	Going out to bars, clubs, pubs or bingo				
	Seeing friends and family				
	Vocation – work				
	Activity	Past	Now	Future	Comments
<b>Creative</b>	Cooking <sup>1</sup>				
	Craft <sup>2</sup>				
	Creative writing <sup>3</sup>				
	Drama <sup>4</sup>				
	Sewing, knitting or needlework				
	Music <sup>5</sup>				
	Woodwork, metalwork or construction				
	Technological <sup>6</sup>				
	Art <sup>7</sup>				
	Activity	Past	Now	Future	Comments
<b>Physical</b>	Bowls				
	Cycling				
	Dancing				
	Golf or cricket				
	Racquet sports				
	Team sports				
	Tai chi or yoga				
	Gym				

	Activity	Past	Now	Future	Comments
<b>Outdoor</b>	Camping				
	Climbing				
	Conservation or farming				
	Fishing				
	Going to the beach, park or river				
	Nature-watching – birds or wildlife				
	Walking, hiking, rambling or horse-riding				
	Activity	Past	Now	Future	Comments
<b>Faith</b>	Belonging to a faith community				
	Going to places of worship				
	Prayer or meditation				
	Reading or studying religious texts				
	Rituals or pilgrimage				
	Sacred songs or chanting				
	Activity	Past	Now	Future	Comments
<b>Self</b>	Clothes or fashion				
	Diet or nutrition				
	Haircare, nail-care or skincare				
	Mindfulness or meditation				
	Learning or studying				

	Activity	Past	Now	Future	Comments
<b>Community</b>	Art galleries and museums				
	Belonging to an interest group				
	Campaigning – political or social activism				
	Car boot or jumble sales				
	Concerts or theatre				
	Day trips or travelling				
	Driving or motorbiking				
	Spectating (watching sports)				
	Caring <sup>8</sup>				
	Charity work, fundraising or volunteering				

<sup>1</sup> baking/cake-icing/sugar craft

<sup>2</sup> jewellery/mosaics/glass-painting/flower craft/paper craft

<sup>3</sup> poems/calligraphy

<sup>4</sup> play-reading or poetry-reading

<sup>5</sup> singing, instruments or listening

<sup>6</sup> photography, animation, emailing, keep a blog, social networking, video gaming

<sup>7</sup> painting/drawing/labouring/collage

<sup>8</sup> children, family, friends, neighbours, older people, pets or babysitting