

BEHAVIOUR CHANGE PLAN EXAMPLE

This provides an example of what a completed behaviour change plan might look like, using an example of someone seeking help from an exercise physiologist to start exercising more (and lose weight) following stroke and period of hospitalisation. Whilst the client may complete the behaviour change plan on their own, it is better if it is done collaboratively with the therapist/health professional.

THE BIG PICTURE

If treatment worked out as you hoped, in what ways would your health and life more broadly be better?

I'd be less worried about having another stroke. I'd probably be able to do things I used to do like go for bush walks with my wife. If I lost a bit of weight also maybe my back and knees wouldn't hurt so much.

MAKING THIS HAPPEN

What are some changes that you might need to make in order to make this happen?

Include what you think will help, as well as what your health professional is suggesting.

I'd need to start exercising again. Probably eat a bit better. I am not really into cooking so it's a bit hard - healthy food seems to cost a lot. My doctor already said to stop smoking, which I did after my stroke.

Where is a good place to start?

A good starting point would be a change that you feel you can make, is likely to help, is relatively easy to do, that we can measure and may have other positive impacts in other areas.

After some discussion, we decided on maybe starting with a 20 minute walk every day. It should be easy to get started with that. Probably easier than changing my food!

What is a specific change you'd like to or are willing to try?

It is important to be precise here. You can use 'who, what, when, where, how often, with who, for how long' to guide you in describing the change.

Aim for 20 minutes every day in the morning, straight after breakfast. We talked about walking with a friend and it sounds like my neighbour Bob might be a good walking buddy? I will keep a chart on the fridge of how far we have gone, maybe after a bit of time we can go for longer. If its raining we could go a bit later in the day.

What would help make that happen?

Even for simple changes, there are many things that can get in the way. Take a moment to consider what things might help you with your specific change. Some common factors are included in the table below.

Capability	Opportunity	Motivation
<input checked="" type="checkbox"/> Have better physical skills	<input checked="" type="checkbox"/> Have more triggers to prompt me	<input checked="" type="checkbox"/> Feel that I want to do it enough
<input checked="" type="checkbox"/> Overcome physical limitations		<input checked="" type="checkbox"/> Develop a habit of doing it

MY PLAN

The change I intend to make:

(who, what, when, where, how often, with who, for how long)

First I will go and buy new sneakers. I will aim to do a 20 minute walk every day in the morning, after breakfast. I will ask Bob to come with me so I will send him a text message the night before. I will use my watch to record how long I go and maybe also how far. If its raining a bit I will just use an umbrella, otherwise I will wait for the rain to clear.

Strategies we'll use to help with this change:

Choose strategies that address the identified factors in the 'What would help make that happen?' section.

- Give myself a pep talk in the morning reminding myself I can do this and it will be these small steps that get me through this difficult period.
- Remind myself that I have already achieved success by making a start.
- Set up a system of reminders – phone alarm with a back up.
- Send Bob a reminder the night before – this will make me more accountable!
- Take a look at the studies that my exercise physiologist sent me about physical activity and the benefits to your health.
- Keep a chart on the fridge with a record of how far I've gone.
- Reward myself (and Bob) if I can do a full week without a day off.
- Take a moment to say congrats to myself after walking a total of 5 km.

KEEP A RECORD

Use this space to keep a record of how you go, anything that helps or hinders, positive or negative impacts, compliance.

I found the first couple of mornings were easy but then I was a bit tired and it was harder.

Trying to get some podcasts to listen to when Bob can't walk.
Finding it easier when Bob comes.

Out of 2 weeks I only missed 3 days. Two were because it was really pouring with rain. The other one my knee was playing up.

I am trying to go different routes to keep it interesting. I have been able to walk for 30 minutes a couple of times.

REVIEW

If your changes are going to plan – congratulations! Take a moment to let it sink in that you are on your way to better health. Continue as you are, or explore ways to expand on your plan.

If your changes aren't going to plan, don't fret. It means there is a problem with the plan, not with you. Select which of the following might be playing a role and discuss with your health professional how you might address these in a revised plan.

I'm not convinced that if I don't change there will be negative consequences.

Other:

I am getting bored of the same routine.

How do you think it's going?

Going OK but I am not sure if it is really going to help. Maybe just stopping smoking is enough to look after my health. I don't feel different or better so I don't know if it will help.

REVISED PLAN

Revised behaviour change plan

(Who, what, when, where, how often, with who, for how long)

I am going to look at another way to exercise also, maybe I can get an exercise bike – I will go to the sports shop to look into this.

I am going to start to go for a drive then walk around some different areas – twice each week I will try a new spot.

New strategies we'll use to help

Choose strategies that help address the challenges found in the *Review* section.

Bob and I are planning to have a nice lunch to reward ourselves each month.

I will look at some stories of people who have had strokes and then made big changes in their life (on the website my EP showed me).