

# A 'QUICK FIVE'

**ACT NOW**

## ASSESSMENT TOOL 1

### GETTING TO KNOW YOU

**These questions for survivors of stroke would be a good place to start to get a general understanding of who they are and how physical activity/exercise programs may fit into their life/schedule.**

1. Can you tell me how important it is to do some exercises and keep active?
2. What did you used to like to do before your stroke to keep active?
3. What are the things in your life that are the most meaningful? What would you say your main interests are?
4. Do you have people in your life (such as family or friends) who you think would be keen to see you being physically active?
5. In terms of exercise and physical activity what would be one target (or goal) you would like to set yourself for the next few weeks?

**These questions will be a starting point to think about what the physical activity/exercise program could look like for this client. Try to develop a program that they will connect with and that aligns with their interests.**