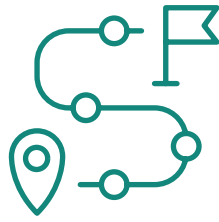


ACT NOW BEHAVIOUR CHANGE PLAN



ACT NOW

This plan is designed to use with clients that have more challenges – for example they may have multiple complex barriers, or they may have tried unsuccessfully to make a change in their past. These clients will need more than just a physical activity program, they will need strategies to support adherence.

This worksheet is designed to help you and your client identify what kinds of behaviour change might help to improve their health and put together a plan to support them in making those changes. It is particularly relevant to changes that need to be sustained over a reasonable length of time (e.g. lifestyle changes, rehabilitative exercises).

THE BIG PICTURE

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

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.

On a scale of 0 (not ready at all) to 10 (very ready to go!), how ready do you feel to make changes?

0 1 2 3 4 5 6 7 8 9 10

Keeping in mind how ready you are feeling, where would be 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 that may have positive impacts in other areas.

What is a specific change you'd like to make 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.

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 type="radio"/> Know more about why it was important	<input type="radio"/> Have more time to do it	<input type="radio"/> Feel that I want to do it enough
<input type="radio"/> Know more about how to do it	<input type="radio"/> Have more money	<input type="radio"/> Feel that I need to it enough
<input type="radio"/> Have better physical skills	<input type="radio"/> Have the necessary materials	<input type="radio"/> Believe that it would be a good thing to do
<input type="radio"/> Have better mental skills	<input type="radio"/> Have it more easily accessible	<input type="radio"/> Develop better plans for doing it
<input type="radio"/> Have more physical strength	<input type="radio"/> Have more people around me doing it	<input type="radio"/> Develop a habit of doing it
<input type="radio"/> Have more mental strength	<input type="radio"/> Have more triggers to prompt me	
<input type="radio"/> Overcome physical limitations	<input type="radio"/> Have more support from others	

Something else?

MY PLAN

You've got a change in mind and reflected on what will help you make that change. In this section, clarify exactly the change you want to make and the strategies you'll use to help you in making that change.

The change I intend to make:

Who, what, when, where, how often, with who, for how long – be as specific as possible.

Strategies we'll use to help with this change:

To get you thinking about potential strategies, select broad strategies you think are relevant:

Influencing Capability	Influencing Opportunity	Influencing Motivation
<ul style="list-style-type: none"><input type="radio"/> Education on the changes being considered<input type="radio"/> Training in the skills required to make the change<input type="radio"/> Training the mental or physical characteristics (e.g. strength, endurance, stamina) required to sustain the change over time	<ul style="list-style-type: none"><input type="radio"/> Change the environment (physical or social) to reduce time demands or competing time demands<input type="radio"/> Change the environment so that resources necessary to make the change are more easily available<input type="radio"/> Get social supports involved in modelling or supporting the change	<ul style="list-style-type: none"><input type="radio"/> Create positive beliefs about the behaviour change through reading and learning more about the potential benefits<input type="radio"/> Set up rewards for taking steps forward<input type="radio"/> Train the behaviour to the point of it becoming almost automatic

For more specific strategies, refer to the Behaviour Change Strategies.

KEEP A RECORD

Try to keep a track of how this is going – in a diary or in the space below. Note what hinders it.

REVIEW

ACT NOW

Complete this section after you had a go at making the change.
Maybe a first review after a week of trying the new activity is a good idea.

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.

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 don't know enough about the changes I am trying to make
- I don't have the necessary skills to change
- These behaviours are very new to me and different to what I'm used to
- I keep forgetting
- I don't have a very good system for tracking my changes
- I find it hard to stay focused on the change
- Other bad habit(s) is/ are getting in the way
- I don't feel capable of making the change
- I don't feel confident I can change my behaviour
- I'm not convinced the change will produce the outcomes I want
- I'm not convinced that if I don't change there will be negative consequences
- These changes aren't really linked to what is most important to me
- I don't feel ready to make these changes
- I don't have the necessary resources to make these changes
- There is a conflict between these changes and the people in my life

Other

REVISED PLAN

Revised behaviour change plan (*who, what, when, where, how often, with who, for how long*)

New or improved strategies we'll use to help:

Choose strategies that help address the challenges, referring to the Stage of Change Strategy Tool or the Behaviour Change Strategies.