## MY MOVEMENT PLANNER

	Remember Pain is Protection	getting better and better.'	You are your best friend. Be kind to yourself, encouraging and reassuring.	Remember you are not doing any damage when you move. It really will help.	When you are walking, listen to the birds, look around, really enjoy your time outside. Find a friend, walk and talk.
	<u>Date</u>	<u>Task</u>	How did it feel	<u>Next</u>	Notes. What improvements have I made. What could I do differently.
	Week 1				
✓	Day 1				
✓	Day 2				
✓	Day 3				
✓	Day 4				
✓	Day 5				
✓	Day 6				
✓	Day 7				
	TREAT				
	Week 2				
	Day 1				
	Day 2				
	Day 3				
	Day 4				
	Day 5				
	Day 6				
	Day 7				
	TREAT				