

## **PATIENT WORKSHEET**

## FOLLOW-UP PLAN BY THE SITE CASE MANAGER

Patient ID:	Site Case Manager ID:		
Individual Pre-Session	☐ Patient Questionnaires completed	Date:	
<ul> <li>How satisfied are you with your treatment group?</li> </ul>	0 1 2 3 4 5 6 Not at all	7 8 9 10 Extremely	
What is your ultimate physical activity goal? (e.g. what would you like to be able to do at the end of the program at work, home, leisure)			
<ul> <li>What is your goal in terms of average number of steps per day from today until the next session?</li> </ul>	average number of steps per day		
<ul> <li>How much time do you spend per week being physically active?</li> </ul>	minutes per week		
Group Session 1	☐ Patient Questionnaires completed	Date:	
How much time did you spend being physically active over the last week?	minutes per week		
What is the average number of steps that you walked per day over the last week?	average number of steps per day		
<ul> <li>What is your goal in terms of average number of steps per day from today until the next session?</li> </ul>	average number of steps per day		
Group Session 2	☐ Patient Questionnaires completed	Date:	
How much time did you spend being physically active over the last week?	minutes per week		
What is the average number of steps that you walked per day over the last week?	average number of steps per day		
<ul> <li>What is your goal in terms of average number of steps per day from today until the next session?</li> </ul>	average number of steps per day		
Group Session 3	☐ Patient Questionnaires completed	Date:	
How much time did you spend being physically active over the last week?	minutes per week		
What is the average number of steps that you walked per day over the last week?	average number of steps per day		
<ul> <li>What is your goal in terms of average number of steps per day from today until the next session?</li> </ul>	average number of steps per day		

Patient ID:			Case Manager ID:		
Group Session 4			☐ Patient Questionnaires completed	Date:	
How much time did you spend being physically active over the last week?			minutes per week		
What is the average number of steps that you walked per day over the last week?		number of steps that you the last week?	average number of steps per day		
•	What is your goal in terms of average number of steps per day from today until the next session?		average number of steps per day		
Individual Follow-up			☐ Patient Questionnaires completed	Date:	
•	How much time did you spend being physically active over the last week?		minutes per week		
•	What is the average number of steps that you walked per day over the last week?		average number of steps per day		
To what degree have you reached your ultimate physical activity goal?		you reached your ultimate ?	Not Partially achieved achieved	Achieved fully	
If not achieved or only partially, why?		y partially, why?			
Action plan and recommendations		mmendations			
Date Notes and general comments (e contract, etc.)			e.g. specific follow-ups to be done with patient, h	omework,	

Site Case I	Manager	signature:	
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