



weight management psychology

Increasing Your Physical Activity Confidence

If you are not doing physical activity, think of the type(s) of activity you would have most confidence in doing (or the least lack of confidence) – even if it is really small – for some people it's putting the shoes on, getting on the treadmill and turning it on, or just stepping out of the house). Write it down below.

If you are doing physical activity, list the type(s) of physical activity you are doing. Then rate them on confidence (0 no confidence - 10 maximum confidence).

Type of Movement

Confidence Rating

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If you are below an 8 for any type of movement, make any notes on how you can improve your confidence level. For example, would it help to: Have a chat with your PT or exercise partner to reduce the speed or intensity? Do some extra practice or get some expert teaching? See a physiotherapist, doctor, or surgeon to improve movement or manage injuries?

Now re-write the type(s) of movement and new confidence levels if you were to make the changes you have noted.

Type of Movement

Confidence Rating

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If the confidence levels are higher, well done, you are on your way to creating a more sustainable way of moving.

Now get to actioning your notes!