

## MY CHALLENGE PLANNER

Photocopy and fill in the challenge planner opposite to see how fit, flexible and coordinated you are. Look at your results, then challenge yourself to do better!

We have filled in a sample planner first to give you an idea of how to do it.

Sample challenge planner

Challenge name	Challenge date	Challenge result	Challenge goal	Skills/fitness type practised or muscles used
Heart Fitness	20 Oct 2008	In 20 minutes I jogged 3 Kms	I want to run 3.5 Kms in 20 minutes	Aerobic fitness, jogging
Core Strength	23 Oct 2008	Held for 30 secs	I want to hold the position for 1 min	Stomach muscles, arms, strength
Muscle Endurance	21 Oct 2008	30 curl ups in 60 secs	I want to do 35 curl ups in 60 secs	Stomach muscles, endurance
Flexibility	21 Oct 2008	My fingertips were at my ankles	I want to reach to my toes	Flexibility
Ultimate Frisbee	28 Oct 2008	Backhand and catch OK	want to throw better forehand	Coordination
Ultimate Circuit	31 Oct 2008	Didn't finish	To finish a full circuit	Aerobic fitness, arm and leg muscles, core strength
Ultimate Relay	4 Nov 2008	we won!	want to get quicker	Aerobic fitness, coordination
Blind Beach Volleyball	11 Nov 2008	My serves were good but we lost	To play better as a team	Aerobic fitness, coordination, flexibility, arm and leg muscles
Monster Maker	18 Nov 2008	we did well, then fell over at the end	To be able to balance better	Coordination, flexibility, strength
Home Ball	2 Dec 2008	Our homes and throws were good	To get quicker at rebuilding	Coordination, teamwork

## MY CHALLENGE PLANNER

Challenge name	Challenge date	Challenge result	Challenge goal	Skills/fitness type practised or muscles used
Heart Fitness				
Core Strength				
Muscle Endurance				
Flexibility				
Ultimate Frisbee				
Ultimate Circuit				
Ultimate Relay				
Blind Beach Volleyball				
Monster Maker				
Home Ball				

# MY ACTIVITY QUESTIONNAIRE

How many times do you exercise a week?

What exercise do you do? (write as many activities as you do)	At what levels of intensity? Sedentary, Low, Medium or High
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
6. _____	6. _____
7. _____	7. _____
8. _____	8. _____
9. _____	9. _____
10. _____	10. _____

- Sedentary (score = 0)**      Watching TV, reading, on the phone, on the computer
- Low (score = 1)**              Slow walking, light housework, gentle stretching
- Medium (score = 2)**          Brisk walking, jogging, dancing, walking up stairs
- High (score = 3)**              Running, cycling, swimming, basketball, football, skipping

## What is your score for each activity?

- 0** = Get moving
- 1** = Try harder!
- 2** = You are doing well but you can push yourself more
- 3** = Well done, keep it up!

If you marked off some exercise on the activity planner then you are being physically active – and being active is the best way to stay healthy.

- Remember, exercise benefits your muscles and your bones and also helps to combat depression and anxiety.
- Think about ways in which you can increase your physical activity, e.g. try a new sport or do more medium/high intensity exercise.
- Fill in the My Activity Progress Chart below which will help you keep track of all of the new things that you try.

## MY ACTIVITY PROGRESS CHART

	Week 1	Week 2	Week 3	Week 4
Activity type				
Activity intensity				
Start date				
Number of sessions				
Notes				

## SETTING MY GOALS

Now that you have started the process of improving your fitness and your eating habits (check out the EAT module), it is also important to set goals for the future and to turn your good intentions into good habits. To set goals in relation to an activity plan that is right for you, you need to do the following:

1. Think about **what** you want to change.
2. Think about **why** you need to change it.
3. Think about **what steps** you need to take reach your goal. These changes don't have to be big – even small steps can make a difference.
4. Think about **who** can help you.
5. Think about **when** you are likely to achieve your goal.
6. Think about **how** you will reward yourself – that's the fun part!

Use the following chart to set simple goals for physical exercise. You can also ask your family or friends to help. And check out the EAT module for the healthy eating plan that should be used in conjunction with your fitness plan – as eating a balanced diet not only improves your mood but can also improve your appearance and help you achieve and maintain a healthy body.

We have filled in a sample chart first to give you an idea of how to do it (see the next page).

### Sample Goal Chart

<b>Goal</b>	To start jogging twice a week
<b>Reason</b>	To have more energy. To improve my appearance. To get some aerobic exercise.
<b>Action steps</b>	To warm up first. To start with one minute running and one minute walking and aim to build up to ten minutes jogging after two weeks.
<b>Who will help</b>	My friends and my family
<b>Time scale</b>	One month
<b>Reward</b>	One hour extra sleep on the weekend

### MY GOAL CHART

<b>Goal</b>	
<b>Reason</b>	
<b>Action steps</b>	
<b>Who will help</b>	
<b>Time scale</b>	
<b>Reward</b>	

# PRE-PROGRAMME PHYSICAL ACTIVITY AUDIT

Please undertake the following physical activity audit of your club **before** you begin the MOVE module of the Make Space for Health programme, to help us in assessing the impact of this module.

1. What physical activities take place now in your club?

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2. Are they informal or supervised?

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3. How often do the activities take place?

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4. What resources and spaces are used?

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5. What equipment is available?

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6. Do any staff have any qualifications and/or interest in this area? If yes, please provide details.

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7. Does the club have any links to sports clubs, etc. in the area? If yes, please provide details.

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*Thank you for your input.*

**Please return your completed form to:**

Make Space for Health, 4Children, City Reach, 5 Greenwich View Place, London E14 9NN.

# PROGRAMME EVALUATION

## Monitoring form for youth workers

Please fill in the following form after each of the three sections of the MOVE module have been completed, to help us in monitoring and evaluating the Make Space for Health programme.

1. How many young people took part in the sessions? \_\_\_\_\_
2. Were there any problems completing any of the activities? If yes, please provide details of what the issues were and for which activity or activities.

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3. Were the sessions enjoyable? If no, please provide details why.

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4. Are there any subjects you would like to see included in the MOVE module? If yes, please provide details.

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5. Which activities/interactions did you find most useful, and why?

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6. Which activities/interactions did you find least useful, and why?

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*Thank you for your input.*

**Please return your completed form to:**

Make Space for Health, 4Children, City Reach, 5 Greenwich View Place, London E14 9NN.

## Evaluation form – participants

Please fill in the following form when you have finished the MOVE module, to give us your feedback about MOVE. We can then use this information when we evaluate MOVE as part of the Make Space for Health programme, and it will help us in developing this and/or new programmes.

1. How much has your understanding of physical activity increased or developed as a result of this programme?

<b>A huge amount</b>	<b>A lot</b>	<b>A fair amount</b>	<b>A little</b>	<b>None</b>
<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>

If you gave a score of 2 or 1, please explain why you gave this rating.

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2. How much has your interest in physical activity improved or developed as a result of this programme?

<b>A huge amount</b>	<b>A lot</b>	<b>A fair amount</b>	<b>A little</b>	<b>None</b>
<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>

If you gave a score of 2 or 1, please explain why you gave this rating.

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3. Will you change any of your exercise habits because of what you learnt in this programme?

<b>Definitely</b>	<b>Probably</b>	<b>Maybe</b>	<b>Probably not</b>	<b>No</b>
<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>

Please explain why you gave this rating.

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4. How interesting did you think the MOVE activities/interactions were?

<b>Very interesting</b>	<b>Quite interesting</b>	<b>Interesting</b>	<b>A bit dull</b>	<b>Boring</b>
<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>

Please explain why you gave this rating.

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5. What is your overall rating of the MOVE module?

<b>Excellent</b>	<b>Great</b>	<b>Good</b>	<b>OK</b>	<b>Poor</b>
<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>

Please explain why you gave this rating.

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*Thank you for your input.*

**Please give your completed form to your youth worker/activity leader to return to:**  
Make Space for Health, 4Children, City Reach, 5 Greenwich View Place, London E14 9NN.

## Evaluation form – youth workers

Please fill in the following feedback form when you have completed the MOVE module, to help us in monitoring and evaluating the Make Space for Health programme.

1. To what extent has your skills and understanding of physical activity improved or developed as a result of this programme?

<b>A huge amount</b>	<b>A lot</b>	<b>A fair amount</b>	<b>A little</b>	<b>None</b>
<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>

If you gave a score of 2 or 1, please explain why you gave this rating.

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2. Please rate how you found the MOVE activities/interactions.

<b>Very stimulating</b>	<b>Quite stimulating</b>	<b>Interesting</b>	<b>A bit dull</b>	<b>Boring</b>
<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>

Please explain your score

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3. What is your overall rating of the MOVE Module?

<b>Excellent</b>	<b>Great</b>	<b>Good</b>	<b>OK</b>	<b>Poor</b>
<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>

Please explain why you gave this rating.

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*Thank you for your input.*

**Please return your completed form to:**

Make Space for Health, 4Children, City Reach, 5 Greenwich View Place, London E14 9NN.

## FOR FURTHER INFORMATION

### [www.activeplaces.com](http://www.activeplaces.com)

Sport England's Active Places website enables people to search for sports facilities anywhere in England.

### [www.bhf.org.uk/yheart](http://www.bhf.org.uk/yheart)

The British Heart Foundation's dedicated website for over 11s with loads of ways to help young people stay fit, eat the right food and sort out any health worries.

### [www.childline.org.uk](http://www.childline.org.uk)

ChildLine is the UK's free, 24-hour helpline for children in distress or danger, offering confidential advice and support.

### [www.childrenfirst.nhs.uk/teens](http://www.childrenfirst.nhs.uk/teens)

NHS general health information site for young people and families run by Great Ormond Street Hospital. Covers a broad range of topics, with interactive elements and case studies.

### [www.fitpro.com](http://www.fitpro.com)

FitPro is the largest association of fitness professionals in the world. We promote positive lifestyle change with vision, innovation and care. No matter what your specialist area – from children's and young people's fitness and personal training to resistance training, management and sales – FitPro has the programmes, publications, products and services you need to succeed.

### [www.healthyschools.gov.uk](http://www.healthyschools.gov.uk)

The National Healthy Schools Programme is part of the Government's healthy nation strategy to make a significant difference to the health and achievement of children and young people.

### <http://kidshealth.org/teen>

Teens Health website, created for teens looking for honest, accurate information and advice about health, relationships, and growing up.

### [www.need2know.co.uk/health](http://www.need2know.co.uk/health)

Need2Know Health offers advice and information on healthy eating and many other health-related issues.

### [www.parasport.org.uk](http://www.parasport.org.uk)

The goal of Parasport, working in partnership with the Deloitte Disability Sport Programme, is to transform the experience of disabled people playing sport, encouraging them to participate competitively.

### [www.reviewing.co.uk/outdoors/links.htm](http://www.reviewing.co.uk/outdoors/links.htm)

A-Z index of outdoor adventure activity gateway sites. UK and worldwide. Find the latest news, gear, chat, safety, weather, clubs and information.

### [www.samaritans.org](http://www.samaritans.org)

Samaritans provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair.

### [www.talktofrank.com](http://www.talktofrank.com)

A drug awareness website with information, advice, case studies, frequently asked questions and a 24 hour confidential helpline.

### [www.youthinformation.com](http://www.youthinformation.com)

The National Youth Agency supports those involved in young people's personal and social development and works to enable all young people to fulfil their potential within a just society.