VITALITY

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D2.1 Toolkit for Inclusive Physical Literacy, printable pack

Forms to print

All seven forms of the toolkit. Each one prints empty, to fill in by hand.



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MOBAD time to digital transformation

WellnessTech

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Form

My starting point

Ten quick questions about how you move now and what you would like to find easier.

About 5 minutes

Fill it in on your phone

This is not a test. There are no right or wrong answers. Your answers show you where you are starting from.

Your week



	Start	3 months	6 months	12 months
Today's date				
Last week, on how many days were you active for 30 minutes or more?	days	days	days	days
Last week, on how many days did you do something to make your muscles stronger?	days	days	days	days

	Start	3 months	6 months	12 months
On a normal day, about how many hours do you sit?				
Less than 4 hours	☐	☐	☐	☐
4 to 7 hours	☐	☐	☐	☐
8 hours or more	☐	☐	☐	☐
I am not sure	☐	☐	☐	☐
When in the day could you find 10 minutes for yourself? Tick all that apply.				
Morning	☐	☐	☐	☐
Afternoon	☐	☐	☐	☐
Evening	☐	☐	☐	☐
It changes every day	☐	☐	☐	☐

Moving in daily life



	Start	3 months	6 months	12 months
Is it hard for you to walk or climb stairs?				
Not hard	☐	☐	☐	☐
A little hard	☐	☐	☐	☐
Very hard	☐	☐	☐	☐

	Start	3 months	6 months	12 months
Is it hard for you to carry a bag of shopping?				
Not hard	☐	☐	☐	☐
A little hard	☐	☐	☐	☐
Very hard	☐	☐	☐	☐
Is it hard for you to bend down to pick something up from the floor?				
Not hard	☐	☐	☐	☐
A little hard	☐	☐	☐	☐
Very hard	☐	☐	☐	☐

How you feel about moving



	Start	3 months	6 months	12 months
How sure are you that you can be active on 3 days a week?				
Not sure	☐	☐	☐	☐
A little sure	☐	☐	☐	☐
Very sure	☐	☐	☐	☐

	Start	3 months	6 months	12 months
What can your body do well now? Tick all that are true.				
Walk	☐	☐	☐	☐
Climb stairs	☐	☐	☐	☐
Carry things	☐	☐	☐	☐
Dance	☐	☐	☐	☐
Play with children	☐	☐	☐	☐
Stretch	☐	☐	☐	☐
Something else	☐	☐	☐	☐
What would you like to find easier? Tick up to 2.				
Walking further	☐	☐	☐	☐
Climbing stairs	☐	☐	☐	☐
Carrying things	☐	☐	☐	☐
Bending down	☐	☐	☐	☐
Feeling less tired	☐	☐	☐	☐
Something else	☐	☐	☐	☐

Keep your answers. After 3, 6 and 12 months, answer the same questions again and see what has changed.

If you have a health problem, first read who should talk to a health professional (vitality.sports4.eu/toolkit/movement/#safety).

Form

My goals

Choose a small step for this week and a goal for 3 months or later. Plan for what gets in the way.

About 5 minutes

Fill it in on your phone

Start with one small step this week. Then think about where you would like to be in 3 months or later. You can change your goals at any time.

Why and what

Why do I want to be more active? Tick any that are true for me.

- [ ] To feel stronger
- [ ] To have more energy
- [ ] To feel calmer
- [ ] To sleep better
- [ ] To keep up with my children
- [ ] To meet other women
- [ ] Something else

What do I enjoy, or want to try? Tick all that apply.

- [ ] Walking
- [ ] Dancing to music
- [ ] Exercises at home
- [ ] Stretching
- [ ] Moving with other women
- [ ] A group only for women
- [ ] Something else

What can I use to be active? Tick all that apply.

- [ ] A chair
- [ ] A wall
- [ ] Some floor space
- [ ] A safe place outside
- [ ] Someone to join me
- [ ] Something else

My goals

In 3 months or later, what would I like to be able to do?

My small step for this week

When and where will I do it?

What could get in my way

What could get in my way? Tick all that apply.

- [ ] No time
- [ ] Family and children
- [ ] Feeling tired or unwell
- [ ] Cost
- [ ] No safe place, or no place only for women
- [ ] I feel shy or unsure
- [ ] Something else

If this happens, then I will...

Who can help me or join me?

How sure am I?

How sure am I that I can do my small step?

- [ ] Not sure
- [ ] A little sure
- [ ] Very sure

Each week, tick the days you did your small step in My week (page 13).

Form

My body checks

Three simple checks of your legs, flexibility and balance. Do them now, then again after 3, 6 and 12 months.

About 15 minutes, with the warm-up

Fill it in on your phone

These three checks show your starting point. Do them again later and compare with your own start. There is no score to reach.

Before you start

- Do the warm-up (vitality.sports4.eu/toolkit/movement/#warm-up-cool-down) first. It takes about 5 minutes.
- Wait until you feel well, and at least a week after a fever or flu.
- If you can, do them when someone else is at home. Keep your phone near you.
- Read who should talk to a health professional first (vitality.sports4.eu/toolkit/movement/#safety).
- Stop at once if something hurts, or if you feel dizzy or sick, your chest hurts or your heart races. Sit down and rest.
- If chest pain, a racing heart or dizziness does not go away quickly, get urgent help now. In Norway, call 113 for an ambulance, or 112 for the police. In Poland, call 112 or 999. In Türkiye, call 112.
- Read how to stay safe (vitality.sports4.eu/toolkit/movement/#safety).

The steps here are a little different from the exercise cards. For the checks, follow these steps.

	Start	3 months	6 months	12 months
Today's date				

Legs: sit to stand in 30 seconds

You need a chair without wheels or arms, placed against a wall. You also need a timer, such as the one on your phone.

1. Sit in the middle of the chair with your feet flat on the floor.
2. Practise standing up once, slowly.
3. Start the timer. Then cross your arms and put your hands on your shoulders.
4. Stand up all the way, then sit down all the way.
5. Keep going at a steady pace for 30 seconds. Count each time you stand up. Keep breathing.
6. If you need your hands to stand up, use them.

	Start	3 months	6 months	12 months
How many times did you stand up in 30 seconds?	times	times	times	times
Did you use your hands?				
No	☐	☐	☐	☐
Yes	☐	☐	☐	☐

Flexibility: reach to your toes

You need a chair without wheels, placed against a wall. Never stretch into pain. If you have had hip or back surgery, ask your doctor first.

1. Sit on the front edge of the chair. Keep one foot flat on the floor.
2. Stretch your other leg out straight, with the heel on the floor and the toes up.
3. Put one hand on top of the other. Lean forward slowly from your hips.
4. Slide your hands down your leg until you feel a stretch. Hold for 2 seconds. Do not bounce.
5. See where your fingertips are. Then do the same with the other leg.

	Start	3 months	6 months	12 months
With your right leg straight, how far did you reach?				
Above my knee	☐	☐	☐	☐
My knee	☐	☐	☐	☐
The middle of my shin	☐	☐	☐	☐
My ankle	☐	☐	☐	☐
My toes	☐	☐	☐	☐
Past my toes	☐	☐	☐	☐
With your left leg straight, how far did you reach?				
Above my knee	☐	☐	☐	☐
My knee	☐	☐	☐	☐
The middle of my shin	☐	☐	☐	☐
My ankle	☐	☐	☐	☐
My toes	☐	☐	☐	☐
Past my toes	☐	☐	☐	☐

Balance: stand on one leg

Stand facing a wall, close enough to touch it. Use a timer, or count slowly.

1. Touch the wall with your fingertips.
2. Lift one foot a little off the floor.
3. When you feel steady, lift your fingers just off the wall. Keep them close to it.
4. Start counting when your fingers leave the wall. Stop counting when you touch the wall or put your foot down. Stop at 30.
5. Now do the same on your other leg.

	Start	3 months	6 months	12 months
How many seconds did you stand on your right leg?	seconds	seconds	seconds	seconds
How many seconds did you stand on your left leg?	seconds	seconds	seconds	seconds

Do the same checks after 3, 6 and 12 months.

Compare only with your own start. Small changes count.

Form

My week

A short note each day: what you did, how you felt, your energy and what got in the way.

About 1 minute a day

Fill it in on your phone

Fill it in each day. Writing it down helps you see what you have done. Many people do more than they think.

What did I do? For example: a 10-minute walk, or dancing while I cooked.
Did anything get in the way? You can leave this empty.

Monday

Today's date

What did I do?

For how many minutes? minutes

Did I do my small step?

☐ Yes ☐ Partly ☐ Not today

How did I feel?

☐ Good ☐ OK ☐ Not good

How was my energy?

☐ High ☐ Medium ☐ Low

Did anything get in the way?

Tuesday

Today's date

What did I do?

For how many minutes? minutes

Did I do my small step?

☐ Yes ☐ Partly ☐ Not today

How did I feel?

☐ Good ☐ OK ☐ Not good

How was my energy?

☐ High ☐ Medium ☐ Low

Did anything get in the way?

Wednesday

Today's date

What did I do?

For how many minutes? minutes

Did I do my small step?

☐ Yes ☐ Partly ☐ Not today

How did I feel?

☐ Good ☐ OK ☐ Not good

How was my energy?

☐ High ☐ Medium ☐ Low

Did anything get in the way?

Thursday

Today's date

What did I do?

For how many minutes? minutes

Did I do my small step?

☐ Yes ☐ Partly ☐ Not today

How did I feel?

☐ Good ☐ OK ☐ Not good

How was my energy?

☐ High ☐ Medium ☐ Low

Did anything get in the way?

Friday

Today's date

What did I do?

For how many minutes? minutes

Did I do my small step?

☐ Yes ☐ Partly ☐ Not today

How did I feel?

☐ Good ☐ OK ☐ Not good

How was my energy?

☐ High ☐ Medium ☐ Low

Did anything get in the way?

Saturday

Today's date

What did I do?

For how many minutes? minutes

Did I do my small step?

☐ Yes ☐ Partly ☐ Not today

How did I feel?

☐ Good ☐ OK ☐ Not good

How was my energy?

☐ High ☐ Medium ☐ Low

Did anything get in the way?

Sunday Today's date

What did I do?

For how many minutes? minutes

Did I do my small step?

☐ Yes ☐ Partly ☐ Not today

How did I feel?

☐ Good ☐ OK ☐ Not good

How was my energy?

☐ High ☐ Medium ☐ Low

Did anything get in the way?

A day with no activity is fine. Everyone has days like that. Start again tomorrow.

At the end of the week, fill in Looking back (page 16).

Form

Looking back

A few questions to look back on your week, notice your small wins and choose next week's step.

About 5 minutes, once a week

Fill it in on your phone

Look at your week. There are no right or wrong answers.

This week

What went well this week?

A small win I am proud of

What got in the way?

What helped me?

Next week

What will I do with my small step?

- [ ] Keep it the same
- [ ] Make it smaller
- [ ] Make it a little bigger
- [ ] Try something new

My small step for next week

Be kind to yourself

Something kind I can say to myself

For a bigger change, fill in My goals (page 6) again.

After 3, 6 and 12 months, check your progress (vitality.sports4.eu/toolkit/follow-up/#re-assessment).

Form

Tell us what you think

A few questions about what helped you, what was hard and what we should change in the toolkit.

About 5 minutes

Fill it in on your phone

Please do not write your name or anything about your health. You can skip any question. You can also write your answers in an email of your own.

What you used

Which parts did you use? Tick all that apply.

- [ ] Exercises
- [ ] Videos
- [ ] Learning about health and food
- [ ] Forms to track my progress
- [ ] Audio guides
- [ ] Stories
- [ ] Something else

How did you use the toolkit? Tick all that apply.

- [ ] On my phone
- [ ] On paper
- [ ] In a group
- [ ] Something else

What you think

What helped you most?

What was hard to understand or to do?

Did the words and pictures fit your culture?

- [ ] Yes
- [ ] Partly
- [ ] No

What should we change so they fit better?

What one thing would you change?

Language

In which language would you like to read the toolkit?

Send your answers by email to info@furim.no. FURIM will see your email address. FURIM keeps your answers without your name or email address and deletes the email within one month.

If you do not want that and you are in a group, give a paper form without your name to the person who runs it. Thank you.

Form

Looking back after 3, 6 and 12 months

Fill it in on your phone

After 3, 6 and 12 months, see what has changed, what helped and what you want to do next.

About 25 minutes, with the warm-up

First fill in your starting point and your body checks again. Then answer these questions.

Before you start

- Fill in My starting point (page 2) again.
- Do My body checks (page 9) again.
- Compare with your own start. Small changes count.

	3 months	6 months	12 months
Today's date			

What has changed

What has changed for me? Tick any that are true. If nothing has changed yet, that is fine. Keep going.

3 months

What have I kept doing?

What has changed for me? Tick any that are true.

- [ ] More energy
- [ ] Better sleep
- [ ] Better mood
- [ ] More confidence
- [ ] Feeling stronger
- [ ] Moving more easily
- [ ] Something else

What have I learned about myself?

What got in the way?

6 months

What have I kept doing?

What has changed for me? Tick any that are true.

- [ ] More energy
- [ ] Better sleep
- [ ] Better mood
- [ ] More confidence
- [ ] Feeling stronger
- [ ] Moving more easily
- [ ] Something else

What have I learned about myself?

What got in the way?

12 months

What have I kept doing?

What has changed for me? Tick any that are true.

- [ ] More energy
- [ ] Better sleep
- [ ] Better mood
- [ ] More confidence
- [ ] Feeling stronger
- [ ] Moving more easily
- [ ] Something else

What have I learned about myself?

What got in the way?

What next

What support would help me? For example: a friend to walk with, a group, or a place to be active.

3 months

What support would help me?

My goal for the next 3 months

6 months

What support would help me?

My goal for the next 3 months

12 months

What support would help me?

My goal for the next 3 months

Then choose a small step for it in My goals (page 6).

VITALITY

Co-funded by the European Union

Toolkit for Inclusive Physical Literacy

Simple ways for women to move more, at home and together

Open the toolkit on your phone

vitality.sports4.eu/toolkit

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