Plan for potential problems – Getting More Active

Examples of If-then plans

Here are few examples of how If-then plans may help you when your overall goal relates to being more active. If you haven't yet set an overall goal or some specific action plans, you can do so using our goal setting and action planning tool.

If my usual aerobics class is cancelled
Then I'll book onto a different one at the same venue that week

If it is raining when I walk around the village
Then I'll still walk, but for less time with greater intensity

If I see that the swimming pool is closed at the weekend
Then I'll plan my week to ensure I do my two days of swimming between Monday and Friday that week

If I worry that physical activity may not be safe for my health
Then I'll make an appointment with my surgery to talk to someone who can advise me

If other things must be prioritised that day and I run out of time to be active
Then I'll review my week ahead and plan in another time and day to be active

If I know Monday evenings are busy with after school clubs
Then I'll not plan to be active that day as I don't want to feel discouraged or disappointed if I don't manage my activity

If I can't afford class fees or leisure centre memberships
Then I will list all of the free options I could do at home or in my local area instead

Start making your own If-then plan

To help achieve your overall goal, think about what might make it difficult (barriers or obstacles) and what will make it easier (solution) for you.

Try asking yourself the following questions:

• What situation, place or feeling may be a potential obstacle or barrier I may face?
• How will I overcome them?
• How will I prepare myself?
• What solutions are relevant to me and will help overcome any potential barrier?
• Is there anyone specifically who can help?
• Is there more than one way I can overcome a potential barrier?

Set your If-then plans

Start by setting yourself some If-Then plans for this coming week. You can write as many as you feel would be helpful.

If...

Then I will

If...

Then I will

If...

Then I will

If...

Then I will

If...

Then I will