



**Study / Facilitation notes**  
**For**  
**Progress Review**  
*How to make the changes stick*

This section forms part of  
The NCEF in Association with the IHF

**Fit For Life Lifestyle Management**  
**Specialist Module**

This Module is accredited by the University of Limerick and carries 15 ECTC Credits



**UNIVERSITY of LIMERICK**  
OLLSCOIL LUIMNIGH

**It is recommended that this unit is presented 4-6 weeks after the *Designing an Overall Plan* session.**

**Learning Outcomes for this unit:**

- Review progress on Fit for Life plan
  - Review results to date – where do we go from here?
  - Review your priorities and adjust your plan
- Plan and prepare an informative and interesting Progress Review presentation for the general public using
- Appropriate learning outcomes
  - A selection of suitable presentation methods
  - A suitable selection of supporting resources and materials

**Expectations vs. results.**

**Group discussion**

- What has worked for you?**
- What went well?**

Revise the overall plan and make adjustments.

Based on the overall plan –encourage group to rate areas of success so far

Contract	Excellent	Good	Average	Poor
Understanding your Health				
Active Living				
Healthy Eating				
Positive Weight Management				
Stress Management				
Back Care and Bone Health				

Identify successes

Encourage group to develop the skills used for these to help with any other areas of difficulty.

	Objectives realistic y/n	Success short term y/n	Success Long Term y/n	Why?
Understanding Your Health				
Active Living				
Healthy Eating				
Healthy Weight Management				
Stress Management				
Back Care and Bone Health				

### **Acquire Feedback**

#### **Key questions:**

What Unit was of most interest/help to you in your goals?

What new skills or information have you gained to assist you to make lifestyle changes?

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#### **Note any Key questions**

#### **In conclusion – motivate group**

Realise that you have a choice

With everything there are always options....

Decide how much you wish to improve your lifestyle habits....

**MAKE IT HAPPEN!**