**Session plan notes**

|  |
| --- |
| **Notes:** **(you** **should** **include** **any** **adaptations** **you** **have** **or** **need** **to** **make** **to** **either** **the** **programme** **design** **or** **to** **individual** **exercises).** |
|  |
| **How** **do** **you** **intend** **to** **set** **up** **and** **manage** **a** **safe** **physical** **activity** **environment** **for** **your** **patient?** |
|  |
| **A** **brief** **explanation** **as** **to** **why** **you** **have** **included** **certain** **exercises/equipment** **and** **not** **included** **others** **in** **the** **session.** |
|  |
| **The** **procedures** **to** **be** **followed** **in** **the** **event** **of** **an** **emergency** **given** **your** **patient’s** **medical** **conditions.** |
|  |
| **Physical** **activities** **that** **could** **be** **included** **as** **part** **of** **the** **patient’s** **lifestyle** **to** **complement** **the** **exercise** **session.** |
|  |