

# My activity planner

Take a few minutes to create your own weekly activity plan. Stick it on your fridge or somewhere you'll notice it.



**Blood  
cancer  
UK**

## How we can help

We're a community dedicated to beating blood cancer by funding research and supporting those affected. We offer free and confidential support by phone or email, free information about blood cancer, and an online forum where you can talk to others affected by blood cancer.



**bloodcancer.org.uk**  
**forum.bloodcancer.org.uk**



**0808 2080 888**  
(Mon, Tue, Thu, Fri: 10am–4pm, Wed: 10am–1pm)



**support@bloodcancer.org.uk**

## Tips

- You don't have to go running or do high-intensity workouts – even walking or housework can count as activity.
- Try and make your goals really specific and think of a way to make them fit in with your normal daily routine. We've given some examples on the opposite page.
- If you don't feel in the mood or you feel too tired, say to yourself, 'I will just give this a go for five minutes and see how I feel.' You may find you can carry on for longer.
- Don't beat yourself up if your plans don't work out. You can try something different next time.
- We've added in space to reflect on how things went and ways to tackle any challenges you've faced.

## Why is this a good idea?

Experts have found that if you can plan and set goals in this way, it's more likely that you'll keep up with any changes you're making.

## Completing your activity plan

Over the page, there's a blank table for you to complete. Below are examples of things you could add to it.

| Day       | My plan                                     | What I did  | How I felt  |
|-----------|---|---|---|
| Monday    | Go for a walk.                              | walked to the park and back.  | Did not feel like it, but once I went out felt a lot better.                            |
| Tuesday   | Do some housework while I watch morning TV. | Thirty mins ironing<br>Ten mins vacuuming<br>Fifteen mins mopping floors          | Felt great afterwards as house was clean and I felt like I had done a bit of a workout! |
| Wednesday | Rest day                                    | I had a bit of energy so I did about half an hour of raking leaves in the garden. | Think I over did it. Should actually just rest next time.                               |

| <b>Day</b> | <b>My plan</b> |
|------------|----------------|
| Monday     |                |
| Tuesday    |                |
| Wednesday  |                |
| Thursday   |                |
| Friday     |                |
| Saturday   |                |
| Sunday     |                |

| <b>What I did</b> | <b>How I felt</b> |
|-------------------|-------------------|
|                   |                   |
|                   |                   |
|                   |                   |
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# Reflections

Looking back over the week, did anything stop you doing what you planned each day? What could you do differently next week to avoid these obstacles?

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Think about how you felt before you did the activity and after. Were you glad that you'd done it? Did you feel a sense of achievement? Knowing you'll feel good afterwards can be a great motivator!

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## About this fact sheet

We have produced this fact sheet in collaboration with expert medical professionals and people affected by blood cancer. Thank you to Clinical Nurse Specialists Darren Simpson, Alison Paterson and Jodie Nightingill, along with Specialist Haematology Physiotherapist Natasha Richardson and Cancer Exercise Specialist Lizzy Davis for their support checking the content of this fact sheet.

Our fact sheets contain general information. Always listen to the advice of your specialist about your individual condition because every person is different.

A list of references used in this fact sheet is available on request.  
Please email [information@bloodcancer.org.uk](mailto:information@bloodcancer.org.uk)

### Disclaimer

We make every effort to make sure that the information in this fact sheet is accurate, but you shouldn't rely on it instead of a fully trained clinician. It's important to always listen to your specialist and seek advice if you have any concerns or questions about your health. Blood Cancer UK can't accept any loss or damage resulting from any inaccuracy in this information, or from external information that we link to.

The information in this fact sheet is correct at the time it was published (November 2019).  
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# Because we face it together

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Get in touch for:

- free and confidential support by phone or email
- information about blood cancer and life after diagnosis
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Your feedback on this fact sheet can help us improve – please send any comments to **information@bloodcancer.org.uk**

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