

## Getting Ready for Treatment or Surgery (Prehabilitation) Worksheet

It can be helpful to think about how you will get the most from this course. Please take some time to think about and answer the following questions:

### What's my motivation?

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Having heard about some of the benefits, what would you say are your 2-3 main reasons for engaging in a prehabilitation programme?

**Main Reason 1**

**Main Reason 2**

**Main Reason 3**

## What does success look like?

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Imagine you have engaged in a prehabilitation programme

**How will you know if the course has been successful?  
What changes might you make?**

## Key tasks for getting the most from the course

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Here are some things other people find helpful when doing a prehabilitation course. Tick the ones you feel will help you get the most from your prehabilitation.

Watching all the videos	Practising the recommended exercises
Completing the worksheets	Scheduling time each week for the course
Talking to someone else about the course	

Can you think of anything else you need to do to get the most from your prehabilitation?

**If so, write it down here:**

## Obstacles

Think about some of the things which might get in the way of you engaging in prehabilitation. Write those things in the left-hand column and use the right-hand column to list how you might overcome these barriers.

Possible obstacle	What I need to do
<i>e.g. It's raining and so I can't walk outside</i>	<i>Do some exercises indoors</i>

## My 'Team'

Prehabilitation can be a team effort. Give some thought to who can help you be successful and what you might want from them.

Name of person who can help me	What I want from them
<i>e.g. Partner</i>	<i>To join in the exercises with me</i>