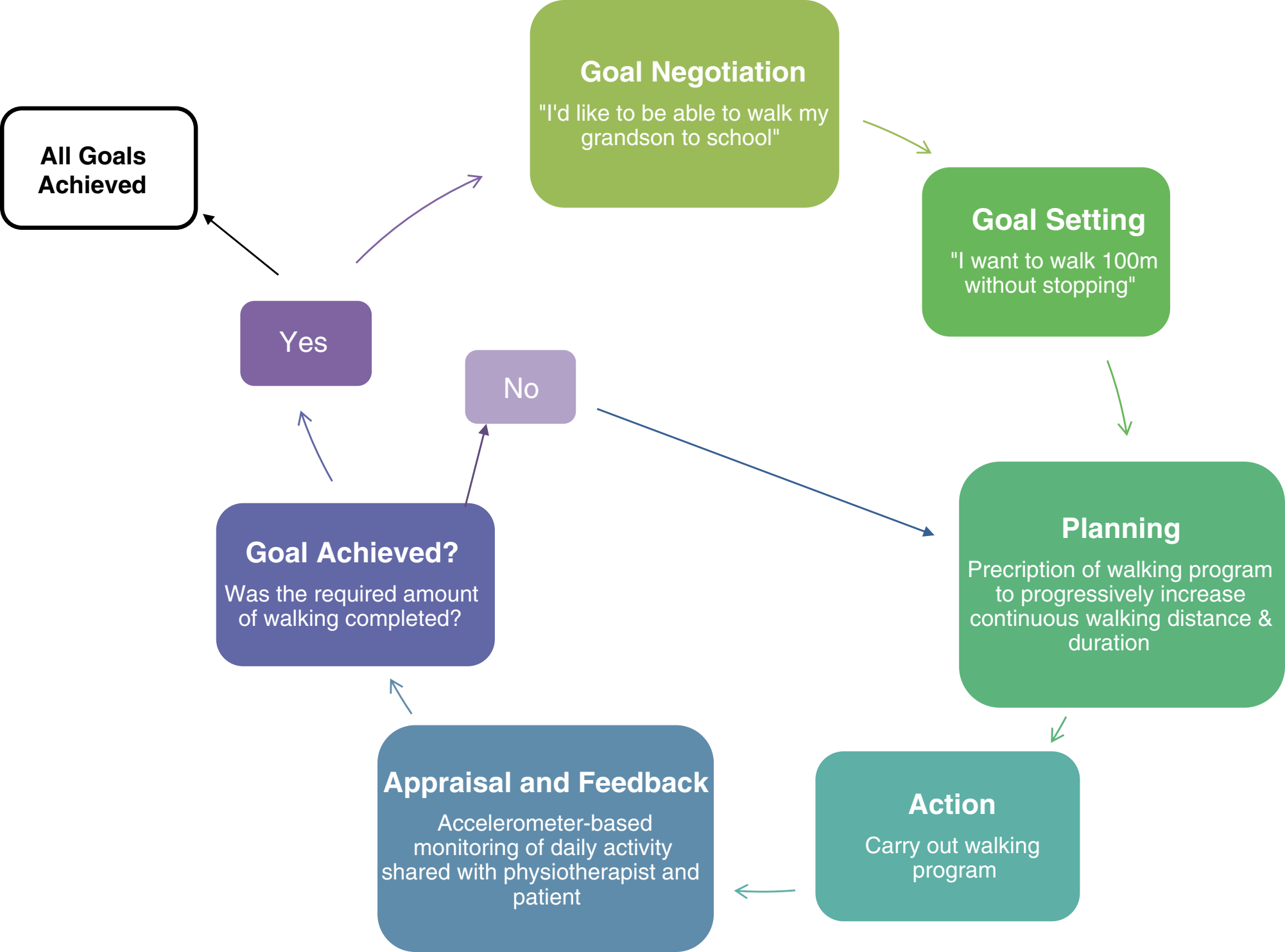
Goal Negotiation
"I'd like to be able to walk my grandson to school"
Goal Setting
"I want to walk 100m without stopping"
Planning
Precription of walking program to progressively increase continuous walking distance & duration
Action
Carry out walking program
Appraisal and Feedback
Accelerometer-based monitoring of daily activity shared with physiotherapist and patient
Goal Achieved?
Was the required amount of walking completed?
No
Yes
All Goals Achieved