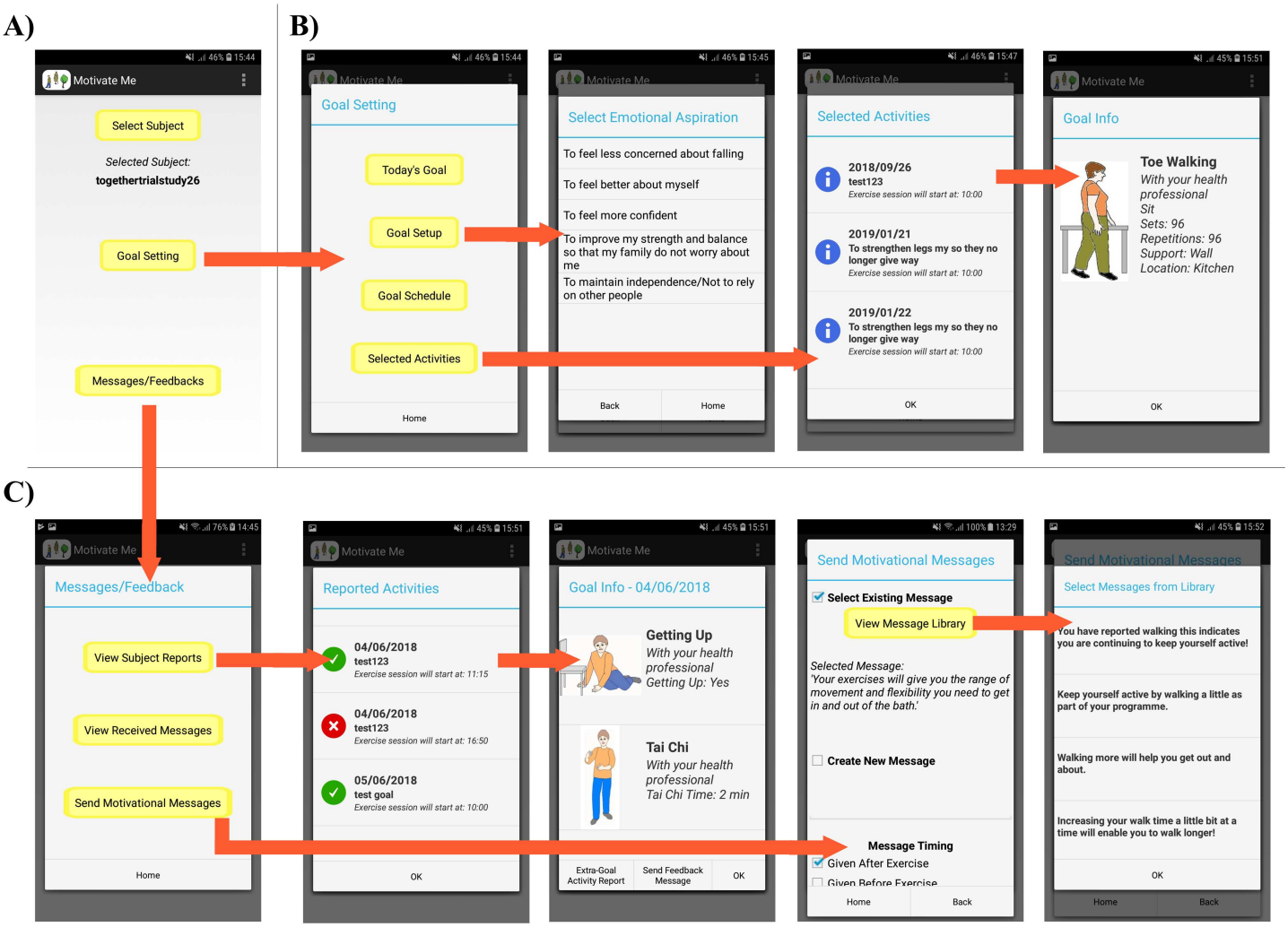
A)
B)
C)
Motivate Me
Select Subject
Selected Subject:
togethertrialstudy26
Goal Setting
Messages/Feedbacks
Goal Setting
Today's Goal
Goal Setup
Goal Schedule
Selected Activities
Home
Select Emotional Aspiration
To feel less concerned about falling
To feel better about myself
To feel more confident
To improve my strength and balance so that my family do not worry about me
To maintain independence/Not to rely on other people
Back
Home
Selected Activities
2018/09/26
test123
Exercise session will start at: 10:00
2019/01/21
To strengthen legs my so they no longer give way
Exercise session will start at: 10:00
2019/01/22
To strengthen legs my so they no longer give way
Exercise session will start at: 10:00
OK
Goal Info
Toe Walking
With your health professional
Sit
Sets: 96
Repetitions: 96
Support: Wall
Location: Kitchen
OK
Messages/Feedback
View Subject Reports
View Received Messages
Send Motivational Messages
Home
Reported Activities
04/06/2018
test123
Exercise session will start at: 11:15
04/06/2018
test123
Exercise session will start at: 16:50
05/06/2018
test goal
Exercise session will start at: 10:00
OK
Goal Info - 04/06/2018
Getting Up
With your health professional
Getting Up: Yes
Tai Chi
With your health professional
Tai Chi Time: 2 min
Extra-Goal Activity Report
Send Feedback Message
OK
Send Motivational Messages
Select Existing Message
View Message Library
Selected Message:
'Your exercises will give you the range of movement and flexibility you need to get in and out of the bath.'
Create New Message
Message Timing
Given After Exercise
Given Before Exercise
Home
Back
Send Motivational Messages
Select Messages from Library
You have reported walking this indicates you are continuing to keep yourself active!
Keep yourself active by walking a little as part of your programme.
Walking more will help you get out and about.
Increasing your walk time a little bit at a time will enable you to walk longer!
OK
Home
Back