

Couch to

5X

Get Out
Get Active
Amber Valley

active
derbyshire



Move Your own Way



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Welcome

We're building on the success of Couch to 5K with **Couch to 5X**.

Cto5X allows you to choose what the **X** is.

It doesn't have to be running, it can be any goal that encourages you to move more!

What is it all about?

Couch to 5X has been designed to help you make changes that bring more movement into your life.

It's inspired by the success of the NHS Couch to 5k programme that has helped many people start to enjoy the challenge of running and reaching the point where they can run 5km, which for a lot of people, is something they never thought possible. Couch to 5X recognises that running 5km isn't the right goal for everyone. What is the goal?, well, that's up to you!

Couch to 5X allows you to choose what the X is that you will work towards. It's a "mentored programme" which means you'll have a regular mentor to work with. They will support you to choose your targets and design a programme of activity to help steer you through.

What's so great about

It's person-centred which means that YOU will make all the decisions about your goals.

You'll get help from a trained mentor and can ask them for support.

You'll be given a free diary to log your activity, goals, mood and progress.

You'll be amazed what can be achieved in 12 weeks.

Top Tip!

Keep achievements and thoughts in your journal and talk them through with your mentor each week.

Couch to 5X



The idea is that YOU choose an activity or movement goal to suit you.

It should be something that you don't currently do, but you think you could work towards over 12 weeks.

It can be anything related to moving, something that is built into your lifestyle – like walking in to town, joining a club or community group, or perhaps going for a bike ride. If this is something you currently struggle with, your mentor will help you get there step by step.

Using this diary to document your progress, with your mentor you will design a plan to achieve your goals. Remember to try and anticipate what might make it difficult – putting things in place to help get past these obstacles.

OK
Let's get
started



Couch to 5X

**My Couch to 5X
aim is:**

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**I am committed to working
towards my goal within 12 weeks**

Signed

My mentor's name is:

Their contact details are:

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MY ACTIVITY THIS WEEK

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WEEK

1

on a scale of 1 to 10,
with 1 not being positive at all, and 10 being extremely positive -
how positive did you feel *before* attempting your goals this week?

- 1 2 3 4 5 6 7 8 9 10

THOUGHT LOG

My feelings this week were:

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Did you complete
your goal this week?

Yes/No

on a scale of 1 to 10,
with 1 not being positive at all, and 10 being extremely positive -
how positive did you feel *after* attempting your goals this week?

- 1 2 3 4 5 6 7 8 9 10

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MY ACTIVITY THIS WEEK

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WEEK **2**

on a scale of 1 to 10,
with 1 not being positive at all, and 10 being extremely positive -
how positive did you feel *before* attempting your goals this week?

- 1 2 3 4 5 6 7 8 9 10

THOUGHT LOG

My feelings this week were:

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Did you complete
your goal this week?

Yes/No

on a scale of 1 to 10,
with 1 not being positive at all, and 10 being extremely positive -
how positive did you feel *after* attempting your goals this week?

- 1 2 3 4 5 6 7 8 9 10

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MY ACTIVITY THIS WEEK

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WEEK

3

on a scale of 1 to 10,
with 1 not being positive at all, and 10 being extremely positive -
how positive did you feel *before* attempting your goals this week?

- 1 2 3 4 5 6 7 8 9 10

THOUGHT LOG

My feelings this week were:

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Did you complete
your goal this week?

Yes/No

on a scale of 1 to 10,
with 1 not being positive at all, and 10 being extremely positive -
how positive did you feel *after* attempting your goals this week?

- 1 2 3 4 5 6 7 8 9 10

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MY ACTIVITY THIS WEEK

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WEEK **4**

on a scale of 1 to 10,
with 1 not being positive at all, and 10 being extremely positive -
how positive did you feel *before* attempting your goals this week?

- 1 2 3 4 5 6 7 8 9 10

THOUGHT LOG

My feelings this week were:

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Did you complete
your goal this week?

Yes/No

on a scale of 1 to 10,
with 1 not being positive at all, and 10 being extremely positive -
how positive did you feel *after* attempting your goals this week?

- 1 2 3 4 5 6 7 8 9 10

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MY ACTIVITY THIS WEEK

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WEEK **5**

on a scale of 1 to 10,
with 1 not being positive at all, and 10 being extremely positive -
how positive did you feel *before* attempting your goals this week?

- 1 2 3 4 5 6 7 8 9 10

THOUGHT LOG

My feelings this week were:

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Did you complete
your goal this week?

Yes/No

on a scale of 1 to 10,
with 1 not being positive at all, and 10 being extremely positive -
how positive did you feel *after* attempting your goals this week?

- 1 2 3 4 5 6 7 8 9 10

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MY ACTIVITY THIS WEEK

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WEEK

6

on a scale of 1 to 10,
with 1 not being positive at all, and 10 being extremely positive -
how positive did you feel *before* attempting your goals this week?

- 1 2 3 4 5 6 7 8 9 10

THOUGHT LOG

My feelings this week were:

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Did you complete
your goal this week?

Yes/No

on a scale of 1 to 10,
with 1 not being positive at all, and 10 being extremely positive -
how positive did you feel *after* attempting your goals this week?

- 1 2 3 4 5 6 7 8 9 10

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MY ACTIVITY THIS WEEK

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WEEK

7

on a scale of 1 to 10,
with 1 not being positive at all, and 10 being extremely positive -
how positive did you feel *before* attempting your goals this week?

1 2 3 4 5 6 7 8 9 10

THOUGHT LOG

My feelings this week were:

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Did you complete
your goal this week?

Yes/No

on a scale of 1 to 10,
with 1 not being positive at all, and 10 being extremely positive -
how positive did you feel *after* attempting your goals this week?

1 2 3 4 5 6 7 8 9 10

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MY ACTIVITY THIS WEEK

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WEEK

8

on a scale of 1 to 10,
with 1 not being positive at all, and 10 being extremely positive -
how positive did you feel *before* attempting your goals this week?

- 1 2 3 4 5 6 7 8 9 10

THOUGHT LOG

My feelings this week were:

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Did you complete
your goal this week?

Yes/No

on a scale of 1 to 10,
with 1 not being positive at all, and 10 being extremely positive -
how positive did you feel *after* attempting your goals this week?

- 1 2 3 4 5 6 7 8 9 10

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MY ACTIVITY THIS WEEK

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WEEK **9**

on a scale of 1 to 10,
with 1 not being positive at all, and 10 being extremely positive -
how positive did you feel *before* attempting your goals this week?

- 1 2 3 4 5 6 7 8 9 10

THOUGHT LOG

My feelings this week were:

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Did you complete
your goal this week?

Yes/No

on a scale of 1 to 10,
with 1 not being positive at all, and 10 being extremely positive -
how positive did you feel *after* attempting your goals this week?

- 1 2 3 4 5 6 7 8 9 10

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MY ACTIVITY THIS WEEK

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WEEK **10**

on a scale of 1 to 10,
with 1 not being positive at all, and 10 being extremely positive -
how positive did you feel *before* attempting your goals this week?

- 1 2 3 4 5 6 7 8 9 10

THOUGHT LOG

My feelings this week were:

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Did you complete
your goal this week?

Yes/No

on a scale of 1 to 10,
with 1 not being positive at all, and 10 being extremely positive -
how positive did you feel *after* attempting your goals this week?

- 1 2 3 4 5 6 7 8 9 10

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MY ACTIVITY THIS WEEK

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WEEK

11

on a scale of 1 to 10,
with 1 not being positive at all, and 10 being extremely positive -
how positive did you feel *before* attempting your goals this week?

- 1 2 3 4 5 6 7 8 9 10

THOUGHT LOG

My feelings this week were:

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Did you complete
your goal this week?

Yes/No

on a scale of 1 to 10,
with 1 not being positive at all, and 10 being extremely positive -
how positive did you feel *after* attempting your goals this week?

- 1 2 3 4 5 6 7 8 9 10

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MY ACTIVITY THIS WEEK

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WEEK **12**

on a scale of 1 to 10,
with 1 not being positive at all, and 10 being extremely positive -
how positive did you feel **before** attempting your goals this week?

- 1 2 3 4 5 6 7 8 9 10

THOUGHT LOG

My feelings this week were:

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Did you complete
your goal this week?

Yes/No

on a scale of 1 to 10,
with 1 not being positive at all, and 10 being extremely positive -
how positive did you feel **after** attempting your goals this week?

- 1 2 3 4 5 6 7 8 9 10

