**My health plan with the exercise physiologist**

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|  |  | This is my health plan with the **exercise physiologist.**  An exercise physiologist is a health professional that supports physical activity and movement. |
| Needs assessment |  | My health care needs for physical activity are:   * (Nurse to add content) * (Nurse to add content) * (Nurse to add content) |
|  |  | The exercise physiologist contact details are:   * Name: * Organisation: * Phone: * Email: * Address: |

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|  |  | My goals with the exercise physiologist:   * (Nurse to add content) * (Nurse to add content) * (Nurse to add content) |
| A picture containing text, screenshot, font, rectangle  Description automatically generated |  | My actions to look after my physical activity:   * (Nurse to add content) * (Nurse to add content) * (Nurse to add content) |
|  |  | Next health appointment to check-up on this is:  (add time, date, location). |