

What should I know about you that isn't in your personal plan?

What is a good day for you?



What would you like to do in 6 months that you can't do now?

What things do you like to do each day?

What is 'Your' song?



What's something you'd like to do before you die?

What are the first things you do in the morning when you wake up?

What was your favourite thing to do when you were a child?

How important is remaining physically active to you?

If anything, what
concerns/worries
you?

What is important
for you to keep
doing?

What was the
best time in your
life and why?

What makes you
smile?

What lifts your
spirits?

Do you prefer to
be inside or
outside?

'Being physically
active is the gateway
to wellbeing' what do
you think about that
statement?

What could you do
more of each day to
remain active?

Do you prefer to do
things on your own
or with others?

What do you think
you could teach
other? What's your
experiences?

What would you
like to learn
about?

What ways do you
like to learn – in a
group, one to one, on
your own, reading
things?