

# **Commitment Checklist**

**Your Program. Your  
Progress. Your Commitment**



## Welcome

Before you get started with your rehab program, take a few moments to reflect on where you're at and what you want to get out of this journey. This checklist is designed to help you think about your own motivation, your goals and the possible roadblocks you might face.

Rehabilitation isn't something that's done to you it works best when you're actively involved. Your Exercise Physiologist is here to guide and support you, but the biggest progress happens when you take ownership of your own plan.



## How to Use This Resource

Read through the items below and tick the ones that apply to you. There are no right or wrong answers — this is for you. Be honest with yourself.

At the end, you'll have a space to reflect and write down any thoughts, goals, or commitments you'd like to make.

Bring this checklist with you to your next session — we'd love to hear what stood out for you.

"Strength does not  
come from physical  
capacity. It comes  
from an indomitable  
will." - Mahatma  
Gandhi

# Client Commitment Checklist

Tick the statements below that you agree with

- ☐ I understand that progress may take a few weeks and I'm willing to be patient with the process.
- ☐ I'm open to trying exercises or activities that may be new or unfamiliar to me.
- ☐ I believe this program can help me improve my function, health, or quality of life.
- ☐ I'm willing to show up, even on days when I'm tired, sore, or unmotivated.
- ☐ I recognise that setbacks are normal and part of the process, not a reason to quit.
- ☐ I feel comfortable asking questions or speaking up if something isn't working.
- ☐ I have at least one personal goal that I'd like to work toward through this program.
- ☐ I've thought about how I'll make time for sessions or exercises in my weekly routine.
- ☐ I know who I can ask for support if I feel stuck or discouraged.
- ☐ I'm committed to giving this program my best effort — even if progress feels slow.

## Self Reflection & Personal Commitment

Take a few minutes to write down your thoughts. These prompts can get you started:

**1. WHAT DOES STARTING THIS PROGRAM MEAN TO ME**  
(e.g., returning to work, picking up my kids, feeling more confident, sleeping better)

**2. WHAT BARRIERS MIGHT GET IN THE WAY AND HOW CAN I MANAGE THEM?**  
(e.g., time, energy, pain, motivation, self-doubt)

**3. WHAT WILL I REMIND MYSELF ON TOUGH DAYS?**  
(What's my "why" for starting this?)

**You're In. You've Taken the First Step**

By filling this out, you've already shown that you're serious about getting the most out of your program. Keep this with you, refer back to it when you need a boost, and know that we're here to support you the whole way.