Healthy Minds.

YOUR JOURNEY WITH US

University of BRISTOL
Sport, Exercise and Health

INITIAL CONSULTATION

Week 1

Activity begins with our support. We begin to investigate what you **enjoy.**

Week 2

Support and **routine** begin to **improve your mood** and help adjust to our service.

Week 3

Week 4

First signs of **decreased stress levels** have been recorded here.

Week 5

Reported **enjoyment levels** of the programme and **physical activity** have greatly increased.

Week 6

Week 7

Majority of users believe they are **achieving their physical activity goals** by this point.

Week 8

Week 9

All users have reported a **reduction in their barriers** to physical activity at this point.

Week 10

An improved **ability to deal with academic pressures** is reported here.

Week 11

Week 12

All participants have recorded an **increase in their wellbeing** here. Specific **goals have been reached.**