

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

What things do you like to do each day?

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

What is a good day for you?



What is 'Your' song?



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

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

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

How important is remaining physically active to you?

If anything, what concerns/worries you?

What makes you smile?

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

What is important for you to keep doing?

What lifts your spirits?

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

What was the best time in your life and why?

Do you prefer to be inside or outside?

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?