



RETURN TO TRAINING PREPARATION GUIDE

01 Gather the guidance that will shape your plan

Name: _____ **Date:** _____

Use this guide to prepare for a clinical discussion and a coaching consultation.
It does not decide whether you are ready to exercise or replace clinical care.
After surgery, injury, or illness, confirm guidance for the activity you plan to do.

QUESTIONS FOR YOUR TREATING CLINICIAN

1. Which activities may I do now, and which should I avoid?
2. Are there limits on lifting, movement range, duration, effort, or breathing?
3. What should make me stop a session, contact you, or seek urgent care?
4. What conditions must be met before I change or progress my activity?
5. Do I need physical therapy or another service before or alongside coaching?
6. When should my restrictions be reviewed, and who should clarify questions?

RECORD THE GUIDANCE YOU RECEIVE

Clinician / service: _____ **Guidance date:** _____

Activities permitted and any conditions:

Restrictions, limits, or activities to avoid:

Stop / contact instructions and review date:

Bring existing written instructions when available. Leave unknowns blank and ask for clarification; this worksheet is not a clearance form or clinician sign off.

Preparation, not medical clearance. Follow your treating clinician's guidance.



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02 Prepare for coaching and record your experience

My goal: What daily activity or training would I like to return to?

My starting point: What am I doing now, and what feels manageable?

My concerns or changes I want to discuss:

Time I can realistically set aside: _____ **Review date:** _____

BRING TO YOUR COACHING CONSULTATION

- ☐ Relevant clinical instructions and restrictions recorded on page 1.
- ☐ Your current activities, goals, concerns, and questions.
- ☐ A realistic schedule and preferred coaching location or format.

Agree on the initial plan with your coach. Keep changes within clinical guidance.

SESSION NOTES TO REVIEW TOGETHER

Date	Activity / amount completed	During / afterward / questions

Record what you actually did and anything you want to discuss. Session notes support a conversation; they do not establish that an activity is medically safe.

Ready to discuss your next step?

Scan for Recovery and Return to Training coaching.

