

Tool 4: Promoting physical activity in your care home

Self assesement action plan

Principle and area for improvement number	Improvement action required	Date to be completed	By whom	Outcome	Initials	Review date
Example Principle A A1	Physical activity choices require to be written in care plans.	June 2014	Ann Smith	For most residents the choices for ways to be more active daily are recorded in care plans. To review routinely with care plan.	AS	Aug 2014



