

# Y'all ready for this?

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Do you ever feel like some days you complete physical tasks (e.g. gardening, exercising) with gusto and high energy, whilst other days you feel as though you can barely get through it?

We are trying to understand more about these fluctuations. Our aim is to develop a helpful tool to capture your day-to-day readiness to perform physical tasks.

We hope that this tool can then be used by exercise professionals to individualise each training day based on these fluctuations.



Pictured: Me and an extremely happy volunteer

## Our questions for you

Q1. How often does your readiness to complete physical tasks (like gardening or exercise) vary with how you are feeling?

Q2. What things do you think affect your readiness to complete these physical tasks to gusto? You can choose from this list or add your own ideas

- Stress
- Energy levels
- Mood
- Body soreness
- Sleep quality
- Diet in the last 24 hours

Q3. Which question format do you prefer? Why? Is there a different way that you would prefer questions like this to be presented?



Multiple choice

or



'Mark the line'

## Future involvement opportunities

**Who:** People living with and beyond cancer, allied health professionals working with people impacted by cancer, and exercise oncology researchers

**What:** Semi-structured interviews

**When:** Early 2023

**How:** Via zoom or phone

**Why:** To develop a tool to help exercise professionals create individual programs for people living with and beyond cancer.



Scan the QR Code to get in touch with Brent about consumer involvement on this project.

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*I acknowledge the Traditional Custodians of the land where I work and live. I pay respect to Elders past, present and emerging.*



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