

Health Trainer Service User Pathway

1. Referral

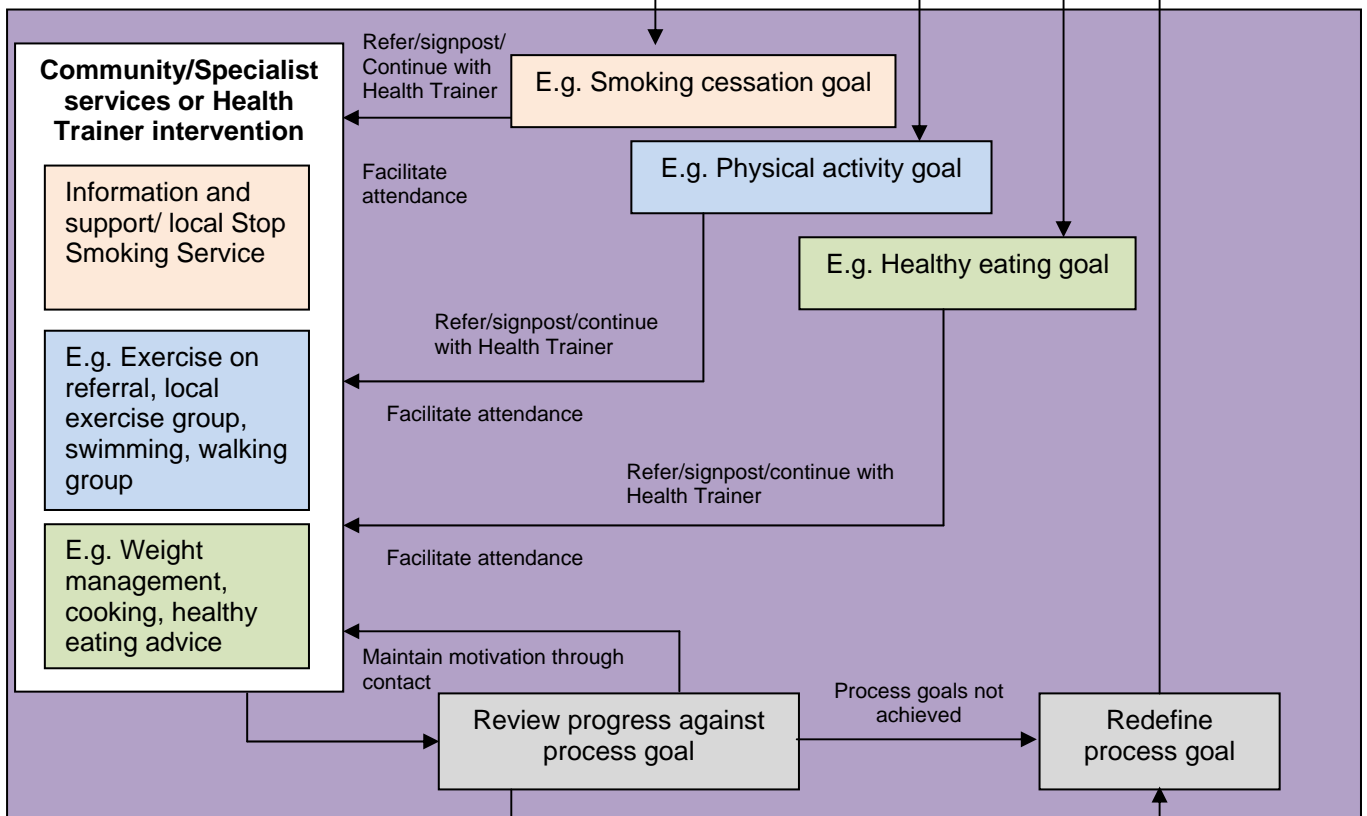
Service user identified through referral or engagement work
(E.g. General Practice, community settings, voluntary organisations)

Individual referred to/engaged by the service

2. Assessment and Goal Setting

Define individual's primary goal
E.g. exercise, weight management, wellbeing
(Assessment done, behaviour change tools used, baseline information gathered)

Define process goal
(What needs to be done to achieve primary goal e.g. attend the gym twice a week)



3. Review

