

COMPANION KIT · CHAPTER 15

My Outdoor Wellbeing Toolkit

A 2-week plan, a practical checklist and a daily diary for time outdoors, with a map of nearby nature and fallback options and a page to review how it went. Print it, or fill it in on screen.

Start
Read the safety notes on the first page.

Track
Follow the plan and fill in the diary each day.

Review
Use the last page to decide what to do next.

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My Outdoor Wellbeing Toolkit

For adults. General information and diary pages to use alongside advice from your own doctor, nurse or pharmacist. Never stop or change a prescribed medicine without the prescriber's agreement. Read the safety page before using this workbook.

SUN AND SKIN SAFETY

No unprotected-sun schedule is prescribed. Use local sun-protection advice, suitable clothing/sunscreen and your individual medical guidance. Morning light and vitamin-D-producing UV are not interchangeable measures.

CHECK MEDICINES AND SKIN CONDITIONS

Some medicines increase sun sensitivity; ask a pharmacist and read the leaflet before increasing direct sun. Lupus, porphyria and other relevant conditions require your clinician's advice.

VITAMIN D IS INDIVIDUAL

Use local guidance and professional advice for your circumstances, location and supplements. This worksheet does not prescribe a supplement dose or high-dose IBD treatment. Record existing products so duplicate doses can be checked.

STAY WITHIN YOUR ABILITIES

Choose an accessible comfortable route and adapt to conditions. Wash hands after gardening/soil contact. This is not a comprehensive outdoor-safety guide and does not require barefoot walking, soil exposure or wilderness access.

My main question / professional already involved

A 2-week plan

HOW TO USE THIS PLAN

Choose the steps that suit you. You do not need to do all of them.

Days 1–3 · Find nearby daylight

Choose a comfortable accessible outdoor option, even a short local route. Record time and how you feel; the chapter's time suggestions are not a proven gut dose.

Days 4–7 · Explore an option you enjoy

Try a nearby park, tree-lined street or garden if suitable. Invite someone if helpful. Gardening is optional; wash hands after soil contact.

Days 8–14 · Make an all-season fallback

Plan a realistic shorter option for poor weather or low energy. Keep sun/medicine advice individual and do not add supplements from a universal timetable.

Day 15 · Review participation

Notice outdoor days, mood and sleep without claiming microbiome change. Keep the route or activity you enjoy and discuss vitamin-D questions with a professional if needed.

The one step I choose first

Review date and who I will contact if needed

My practical checklist

Tick what you have done and note what to do next.

- [ ] I spend at least 20 minutes a day in daylight outdoors, most days.
- [ ] I visit a walkable green space at least twice a week.
- [ ] I have checked local sun-protection advice and any vitamin-D or medicine-sensitivity questions with a pharmacist or clinician; I am not following a universal sun-exposure dose.
- [ ] I have at least one outdoor activity that I can keep up in autumn and winter.

One question this checklist raised

My repeatable diary

Print a fresh page whenever you need one.

Days spent at least 20 minutes outdoors (out of 7)

Green space visits (parks, woodland, gardens, waterside)

Vitamin D supplement taken if in an at-risk group (yes / no / not applicable)

Notes on mood, energy or bowel symptoms

My context / what else changed

Overview · days 1–14

A short summary of your diary. Leave a gap on days you do not record.

Scores are your own notes. A pattern here cannot show a food intolerance, a medicine effect or an IBS type.

Day / date	Outdoor minutes	Place / activity	Mood 10 = best	Season / notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

What helped, what was difficult, and what else might explain a change?

My nearby-nature and fallback map

List green places near you, with a back-up plan.

Easy local option

Route/place, access, seating, time and what makes it manageable.

A green-space option

Park, tree-lined street, garden or waterside path appropriate to my needs.

A shorter fallback

Poor-weather, low-energy or seasonal alternative and suitable clothing.

People and practicalities

Who I might invite, transport/access and a realistic diary slot.

Questions before I start

Photosensitising medicines, skin conditions, existing supplements and local advice.

Review and next steps

Warning signs always need earlier care.

What changed, if anything?

Compare similar days and note gaps; no improvement is also useful information.

What might explain it?

Food, stress, sleep, medicines, timing and natural variation may overlap.

What I will keep or stop recording

Choose a manageable routine; stop burdensome tracking or a practice that causes distress.

What needs a professional conversation?

Questions, care contact, agreed action and follow-up date.