

McLaren Print System Order

Order No: 41963 Reprint Previous Order No: 5659
Order Date: 2019-01-15
User: Louann Harmon
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Ship Location: Louann Harmon
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Forms

Quantity: 100
Paragon Dept No: 67350
Dept Name: MGL Holt Family Practice
Company Number: 810

Order Total Price: 17.90

Item Number: MM-34529 D
Item Description: Self Management Goal Contract (Asthma)
Revision Date: 3/2012
Print: 1 sided full color
Paper: 32# Color Copy Text
Size: 8.5 x 11
Fold:
Finish:
Drill: None
Misc Info:

McLaren Medical Group
ASTHMA SELF MANAGEMENT GOAL CONTRACT

Patient Name: _____
 Date: ____/____/____

To achieve good control of your asthma it is important to have practical goals for yourself. Set one goal now and after you have achieved it, move on to another.

One way I want to improve my health is (e.g., be more active) _____

My selected goal (e.g., walk 4 times) _____

When I will do it (e.g., mornings before breakfast) _____

Where I will do it (e.g., at the park) _____

How often I will do it (e.g., Monday thru Thursday) _____

What might get in the way of my plan (e.g., I have to take the children to school one day) _____

What I can do about it (e.g., I'll choose days when I don't take them to school) _____

How confident am I that I can reach this goal? circle one

1	2	3	4	5	6	7	8	9	10
Not at all		little		Somewhat confident		Very sure		Totally confident	

Follow-up plan (how and when): _____

FOR OFFICE USE ONLY:

Date Reviewed: _____ Patient met Goal Patient continues to work on goal

Patient encountered barriers. Problem solving with patient conducted. Revised Goal: _____