

**McLaren Print System Order**

Order No: 41966 Reprint Previous Order No: 41799  
 Order Date: 2019-01-15  
 User: Louann Harmon  
 Phone: 5179759844

Ship Location: Louann Harmon  
 4378 W. Holt Road  
 Holt, MI 48842

**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-E  
 Item Description: Coronary Artery Disease (CAD) SELF MANAGEMENT GOAL CONTRACT  
 Revision Date: 1/2019  
 Print: 1 sided full color  
 Paper: 32# Color Copy Text  
 Size: 8.5 x 11  
 Fold:  
 Finish: None  
 Drill: None  
 Misc Info:

McLaren Medical Group  
**CORONARY ARTERY DISEASE SELF MANAGEMENT GOAL CONTRACT**

Patient Name: \_\_\_\_\_  
 D.O.B. \_\_\_\_\_  
 Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

To achieve good control of your Coronary Artery Disease (CAD) 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

0	1	2	3	4	5	6	7	8	9	10
Not at all		A 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: \_\_\_\_\_