

McLaren Print System Order

Order No: 7065
 Order Date: 2014-11-11
 User: Pamela Dietrich
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Ship Location:
 2313 East Hill Road
 Grand Blanc, MI 48439

Forms
 Quantity: 100
 Paragon Dept No: 64050
 Dept Name: 64050
 Company Number: 810

Order Total Price: 17.90

Item Number: MM-34529 A
 Item Description: Self Management Goals (Generic)
 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
Self-Management Goals

Patient Name: _____ Date: ___/___/___

Eat Smart

Night Management

Take My Medication

Coping With Stress

Exercise

Prevent Infections

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		Slightly confident		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: _____