

**McLaren Print System Order**

**Order No: 41965 Reprint Previous Order No: 41797**  
**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-C**  
**Item Description: CONGESTIVE HEART FAILURE 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  
**CONGESTIVE HEART FAILURE  
SELF MANAGEMENT GOAL CONTRACT**

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



Exercise



Eat a heart healthy diet



Take your medicines as directed



Weigh myself daily



Stop smoking



Reduce stress



Get my flu shot



Take my salt tablets



Receive a patient education

Patient Name: \_\_\_\_\_

D.O.B. \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

SELECTED GOAL: \_\_\_\_\_

ACTION PLAN: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

BARRIERS/SOLUTIONS: \_\_\_\_\_

\_\_\_\_\_

Confidence Level (On a scale from 1-10, 1= no confidence, 10= Very confident) \_\_\_\_\_

For Office Use Only: \_\_\_\_ Pt. met goal \_\_\_\_ Pt. continues to work on goal  
\_\_\_\_ Pt. encountered barriers. Problem solving w/pt. conducted. Revised goal: \_\_\_\_\_