

McLaren Print System Order

Order No: 43882 Reprint Previous Order No: 5705
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Ship Location: McLaren Oakland Oxford Family Medicine
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Forms

Quantity: 100
 Paragon Dept No: 73600
 Dept Name: Oxford Family Medicine
 Company Number: 810

Order Total Price: 17.90

Item Number: MM-34529 A
 Item Description: Self Management Goals (Generic)
 Revision Date: 1/2019
 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 Better

Sleep Management

Medication Management

Coping With Stress

Exercise

Manage Substances

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: _____