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.

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Patient Name:			Catio
D.O.B	IR Myself Dails	Reduce Unhealthy Ho	Reduce Stress
	Germy Flu Shot	OR CARROLL SALE INCOME.	Reduce Fluid Intake
SELECTED GOAL:			
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: _