

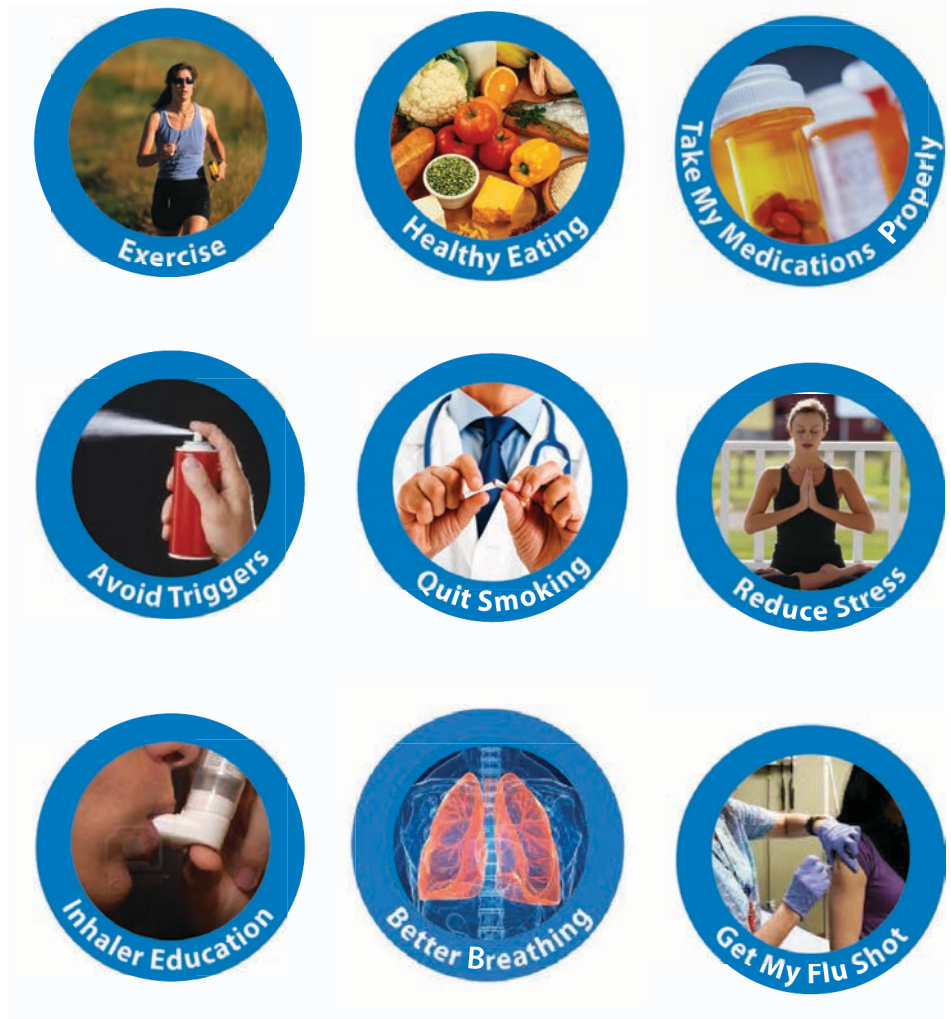
# CHRONIC OBSTRUCTIVE PULMONARY DISEASE SELF MANAGEMENT GOAL CONTRACT

To achieve good control of your COPD it is important to have practical goals for yourself.

Set one goal now and after you have achieved it, move on to another.

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

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: \_\_\_\_\_