

McLaren Medical Group

CORONARY ARTERY DISEASE SELF MANAGEMENT GOAL CONTRACT



Patient Name: _____

D.O.B. _____

Date: ____/____/____

To achieve good control of your Coronary Artery Disease (CAD) it is important to have practical goals for yourself. Set one goal now and after you have achieved it, move on to another.

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:

