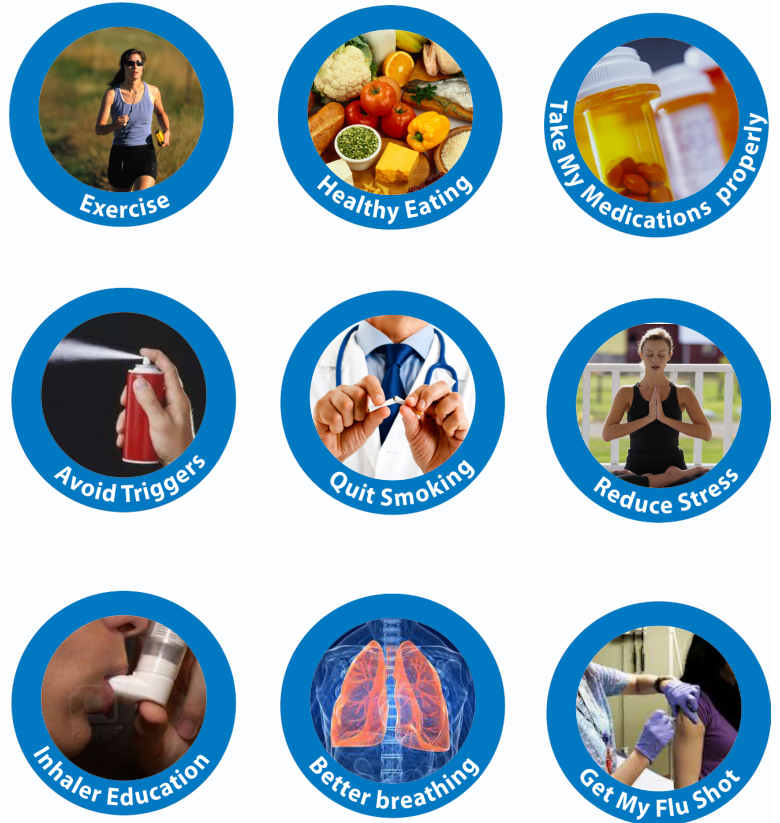


McLaren Medical Group  
**ASTHMA SELF  
 MANAGEMENT GOAL  
 CONTRACT**

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

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



To achieve good control of your asthma 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:

\_\_\_\_\_