

**McLaren Print System Order**

Order No: 69111 Reprint Previous Order No: 7821  
 Order Date: 2022-04-18  
 User: Britney Evans  
 Phone: 8109536490

Ship Location: McLaren Grand Blanc CMC  
 2313 East Hill Rd  
 Grand Blanc, MI 48439

**Forms**

Quantity: 100  
 Paragon Dept No: 64050  
 Dept Name: McLaren Grand Blanc CMC  
 Company Number: 810

Order Total Price: 17.90

Item Number: MM-34529  
 Item Description: Diabetes Self-Management Goal Contract  
 Revision Date: 12/2011  
 Print: 1 sided full color  
 Paper: 32# Color Copy Text  
 Size: 8.5 x 11  
 Fold:  
 Finish:  
 Drill: None  
 Misc Info:

McLaren Medical Group  
**Diabetes Self-Management Goal Contract**

Patient Name: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

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

|            |   |        |   |                    |   |           |   |                   |    |
|------------|---|--------|---|--------------------|---|-----------|---|-------------------|----|
| 1          | 2 | 3      | 4 | 5                  | 6 | 7         | 8 | 9                 | 10 |
| Not at all |   | 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.