

My Health Goal



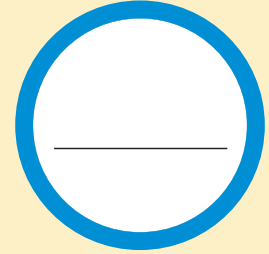
Eat a Healthy Diet



Be Physically Active



Take My Medicine



Other



Monitor My Blood Sugar and/or Blood Pressure



Limit Sugar-Sweetened Beverages



Limit Alcohol



Stop Smoking

One way I want to improve my health is (example: take my medicine):

My goal for this week is (example: take my medicine the way the doctor prescribed):

When I will do it (example: every day): _____

Where I will do it (example: in the bathroom after I brush my teeth): _____

How often I will do it (example: once a day as prescribed): _____

What might get in the way of my plan (example: I may forget): _____

What I can do about it (example: put my pill box next to my toothbrush to remind me): _____

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			50/50			Very		Totally confident

Follow-up plan (how and when): _____

* Continue working on confidence in reaching goal until at least an '8'.