



My Health Goals—What Are They?

You are the most important person in treating your health problems. Talk with your doctor to help you choose one or more goals you are ready to work on now.

Goal 1



Medicines

- I will take my medicines as directed.
- I will call my doctor if I have any problems with my medicines.
- I will ask questions about my medicines when I don't understand.
- I will make a medicine schedule to make it easier to remember all my medicines.

Goal 2



Doctor Visits

- I will keep my doctor visits.
- I will tell my doctor which health problem or treatment affects my life the most.
- I will ask my doctor for information about my health problems.
- I will tell my doctor if I have trouble taking my medicine as directed.

Goal 3



Diet and Weight Management

- I will eat 3 meals daily and healthy snacks.
- I will eat more _____ and less _____.
- If I am overweight, I will decrease portions of _____.
- I will work hard to reach my goal weight of _____.

Goal 4



Exercise

- I will find one physical activity I can enjoy safely.
- I will start being active ____ minutes a day, ____ days a week. As I feel stronger, I will add a few minutes every week.
- My doctor says the best activities for me are _____.
- If I notice chest pain, shortness of breath, or chest tightness, I will stop and get medical help.



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Goal 5



Smoking Cessation

- If I smoke, I will ask my doctor how I can quit. I will take steps to quit.

Goal 6



Taking Care of Myself

- I will keep a regular schedule. This includes eating, exercising, and sleeping.
- I will learn ways to reduce stress, such as exercise, relaxation, reading, yoga, meditation, or prayer.

Goal 7



Asking for Help

- I will work with my doctors and nurses to manage my health problems.
- I will ask my family, friends, and doctors for help when I need it.
- I will talk to others about the problems I face with my health problems.
- I will join a support group.