

Your Name: _____

The best way to reach you during the day: _____

Today's Date ____ / ____ / ____ The nurse who helped you today: _____

People who set their own goals with the support of their medical care team do better with long term diseases. All you need to get started is a little information, a clear plan, and the desire to make a difference in your health. Find an area you would like to change and pick a goal. Then mark on the ladder how confident you are to begin. This will let us know how best to help you reach your goal. **GOOD LUCK!!!!**

1. Getting Active



- I will start walking for 10 minutes a day, three times weekly.
- I will find a friend to walk with and go three times weekly.
- I will start by walking the length of my home five times daily.
- I will _____.

2. My Diet



- I will lose 2 pounds by reducing my portion sizes at dinner.
- I will lose 2 pounds by eating one less bread serving daily.
- I will replace fried and snack foods with fruit or vegetables daily.
- I will _____.

3. My Medicines



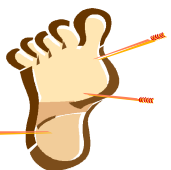
- I will finish paperwork to get help buying my medicines.
- I will write down my medicines, doses, and reason taken.
- I will learn about how my medicines protect my health.
- I will _____.

4. Checking My Blood Sugar



- I will check and write down my blood sugar twice daily for 2 weeks.
- I will ask a friend to help me check my blood sugar.
- I will find out more about why I need to check my sugars.
- I will _____.

5. My Daily Foot Checks



- I will learn how to check my feet and start doing so daily.
- I will not go barefoot at all.
- I will learn what foot problems I should report to my doctor.
- I will _____.

6. Quit Smoking

- I will set a quit date today as _____.
- I will get support from my family and friends to quit.
- I will learn new things to do instead of smoking.
- I will enroll in a smoking cessation program.
- I will _____.

How Confident AM I?

- ___ Very Confident
- ___ Confident
- ___ Sort of Confident
- ___ Getting Ready
- ___ Thinking about it
- ___ Not Ready



After you pick a goal, check the place on the ladder that shows your confidence to get started.

Special Help Needed To Reach Your Goal

Date: ____ / ____ / ____
2 week follow up phone call with nurse

Follow up:
___ weeks ___ months

- ___ Appointment with diabetes educator
- ___ Appointment to quit smoking-pharmacotherapy
- ___ Comprehensive foot exam
- ___ Appointment with eye doctor
- ___ Appointment with my doctor