

Goal Setting Worksheet for the Patient

Goal										
What I will do										
When I will do it										
How often I will do it										
Who will help me										
Problems to reaching this goal										
What I can do to fix the problem										
How certain are you that you will reach your goal? (Circle one)	1	2	3	4	5	6	7	8	9	10
	Not Sure			Maybe				Very Sure		
My reward when I reach this goal										

Going for My Goal

Long-Term Goal:

Short-Term Goal:

Action Plan:

Support Network:

What help will I need from my Support Network to accomplish my goals?

Created by










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DIABETES SELF-MANAGEMENT BEHAVIOR GOALS WITH GRAPHICS

Self-Management Goals	<i>Choose a goal(s) that is realistic and obtainable. Use the extra space to personalize your goal(s).</i>	<i>Follow-up Date/Comment</i>
Goal 1: Be Active 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Goal 2: Healthy Eating 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Goal 3: Taking Medication 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Goal 4: Monitoring 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Goal 5: Problem Solving 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Goal 6: Reducing Risk 	<p><i>I will decrease my risk of complications through these preventive care goals:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Lower or maintain my A1c at _____. <input type="checkbox"/> Schedule a dilated eye exam <input type="checkbox"/> Have a fasting lipid panel <input type="checkbox"/> Get my urine checked <input type="checkbox"/> Stop smoking <input type="checkbox"/> See my provider every 3 to 6 months <input type="checkbox"/> Have my blood pressure checked each visit <input type="checkbox"/> Obtain a flu shot annually and pneumonia shot <input type="checkbox"/> Check my own feet daily <p>List additional goal: _____</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Goal 7: Healthy Coping 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>