

# My Health Goal



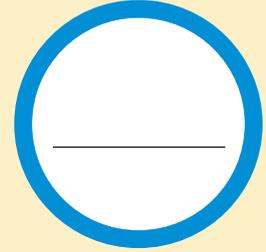
**Eat a Healthy Diet**



**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):

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

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**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): \_\_\_\_\_

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

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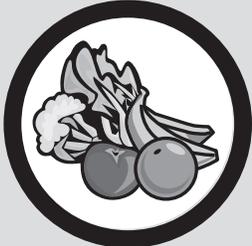
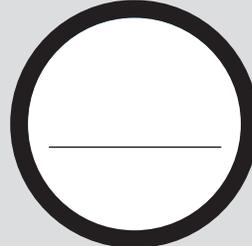
**How confident am I that I can reach this goal:** *circle one\**

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'.

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