

McLaren Print System Order

Order No: 42905 Reprint Previous Order No: 7821
 Order Date: 2019-02-15
 User: Timery Smith
 Phone: 5176941466

Ship Location: MGL Holt Family Practice
 4378 W Holt Road
 Holt, MI 48842

Forms

Quantity: 100
 Paragon Dept No: 67350
 Dept Name: MGL Holt Family Practice
 Company Number: 810

Order Total Price: 17.90

Item Number: MM-34529
 Item Description: Diabetes Self-Management Goal Contract
 Revision Date: 12/2011
 Print: 1 sided full color
 Paper: 32# Color Copy Text
 Size: 8.5 x 11
 Fold:
 Finish:
 Drill: None
 Misc Info:

McLaren Medical Group
Diabetes Self-Management Goal Contract

Patient Name: _____ Date: ___/___/___

One way I want to improve my health is (e.g., be more active):

My selected goal (e.g., walk 4 times):

When I will do it (e.g., mornings before breakfast):

Where I will do it (e.g., at the park):

How often I will do it (e.g., Monday thru Thursday):

What might get in the way of my plan (e.g., I have to take the children to school one day):

What I can do about it (e.g., I'll choose days when I don't take them to school):

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

1	2	3	4	5	6	7	8	9	10
Not at all		little		Somewhat confident		Very sure		Totally confident	

Follow-up plan (how and when):

FOR OFFICE USE ONLY:

Date Reviewed: _____ Patient met Goal Patient continues to work on goal
 Patient encountered barriers. Problem solving with patient concluded. Revised Goal.