

**McLaren Print System Order**

Order No: 46844 Reprint Previous Order No: 7821  
 Order Date: 2019-07-09  
 User: Dorothy Craig  
 Phone: 5176474166

Ship Location: McLaren MMP Portland Family Care  
 406 Kent St.  
 Portland, MI 48875

**Forms**

Quantity: 100  
 Paragon Dept No: 68375  
 Dept Name: MGL MMP Portland Family Care  
 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		slightly		Somewhat		Very		Totally	
		confident		confident		confident		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.