

**McLaren Print System Order**

Order No: 47582 Reprint Previous Order No: 5705  
 Order Date: 2019-08-08  
 User: Kristin Fudge  
 Phone: 517-574-9123

Ship Location: South Side Medical Center  
 5525 S. MLKing Jr BLVD  
 Lansing, Mi 48911

**Forms**

Quantity: 100  
 Paragon Dept No: 68325  
 Dept Name: South Side Medical Center  
 Company Number: 810

Order Total Price: 17.90

Item Number: MM-34529 A  
 Item Description: Self Management Goals (Generic)  
 Revision Date: 1/2019  
 Print: 1 sided full color  
 Paper: 32# Color Copy Text  
 Size: 8.5 x 11  
 Fold:  
 Finish:  
 Drill: None  
 Misc Info:

McLaren Medical Group  
**Self-Management Goals**

Patient Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Eat Better

Sleep Management

Medication Management

Coping With Stress

Exercise

Manage Substances

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

0	1	2	3	4	5	6	7	8	9	10
Not at all		A 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 conducted. Revised goal: \_\_\_\_\_