

# Self-Management: Healthy Changes Plan

Patient Name: \_\_\_\_\_

Healthcare Provider: \_\_\_\_\_

Completed by/with (staff): \_\_\_\_\_ Initial Plan Date: \_\_\_\_\_

Are you ready to make changes? Your short-term goals or self-management goals are the small changes you can make over a short period of time that will help you reach your long-term goals for managing \_\_\_\_\_.

You and your health team can work together better and plan the best ways to reach your health goals when you both know your plan for behavior change.

The healthy change I want to make is: \_\_\_\_\_

I will do this (how):	
When:	
How often:	

The goal I will work on between now and \_\_\_\_\_ is:  
(date)

The steps I will take to achieve my goal are:

The things that could make it difficult to achieve my goal are:

This is how I plan to overcome these barriers:

Support and resources I will need to reach my goal are:

How confident are you that you can reach this goal?

Not Confident 1 2 3 4 5 6 7 8 9 10 Very Confident

Review Date: \_\_\_\_\_ With (staff): \_\_\_\_\_