

Patient Name _____


Date of Birth _____

My Healthy Goals

Westside Family Healthcare

Setting goals for healthy actions will help you improve your health. Make sure to set goals that work for you.

FOLLOW THESE TWO STEPS to get on your way to taking charge of your health...

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| <p>step 1</p> <p>SELECT A GOAL that you want to work on.</p> <p>Since you have diabetes, we have already selected that goal for you. Go to Step 2 to work on developing a plan!</p> | <p>step 2</p> <p>MAKE A PLAN For the goal you selected, choose an action that you want to take to help improve your health. Circle it below.</p> |
| <p>Manage my DIABETES</p>  | <ul style="list-style-type: none">• See the diabetes educator or go to a class• Get my labs checked every 3-6 months• Work on weight loss• Get my eyes checked annually for diabetic problems• Other: |