

SELF MANAGEMENT GOALS

SMART Goals

People who chose their own goals with support of our office do better with long term diseases.

What would you like to do to improve your health?



EATING PLAN



TAKE MEDICATION
CORRECTLY



QUIT SMOKING



EXERCISE



REDUCE ALCOHOL
INTAKE



REDUCE STRESS



REDUCE SALT



WEIGHT
REDUCTION



SELF – MONITORING



TAKE A WALK



GROW
VEGETABLES

WHAT will you do?

WHEN will you do it?

WHERE will you do it?

HOW will you do it?
