

Patient health goals

Setting attainable goals helps improve health and wellness. Patient and physician goals are often the same, but described in different ways.

For example, 76-year-old Helen's goal is to wear her good shoes again, but her feet and ankles are so swollen, she can't. Her doctor wants her to reduce her sodium (salt) intake and exercise 30 minutes every day. Helen doesn't see the point, but Helen and her doctor have the same goal: To reduce swelling. A reduced sodium diet and daily exercise help reduce swelling in the feet and legs, which would enable Helen to wear her good shoes.

Get on the Same Page

Step 1: Use the space below to write down your health, wellness and lifestyle goals. For example: Go bowling or dancing, play golf, drive a car, take a trip, lose weight, walk a mile, play on the floor with children/grandchildren, sleep better, or reduce stress.

Step 2: Share this page with your doctor.

Step 3: Talk to your doctor about how your treatment plan will help you achieve your goals.

My Goals:
