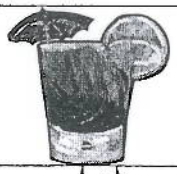
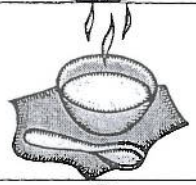
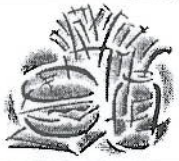
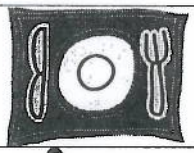
NEIGHBORHOOD FAMILY PRACTICE

Self Management Goals (SMG) For Patients With Chronic Illnesses

Chronic illnesses should be taken seriously! They include Hypertension, Diabetes, Depression and Heart Disease. YOU, the patient, are the most important person to control these illnesses. WE, the staff of Neighborhood Family Practice, will guide and support YOU as you manage your illness.

The following Goals will help you control your illness to reduce damage to your body.		Start Date	Goal Date	Comments
	I will eat more fruits and vegetables. (55)			
	I will drink less sugar soda and juice. (54)			
	I will eat breakfast. (62)			
	I will increase my water intake. (57)			
	I will reduce my fast food intake. (59)			
	I will reduce my serving size. (60)			
	I will exercise ___ times per week. (65)			
	I will take my medicine. (79)			

Patient's Name: _____ Date: _____

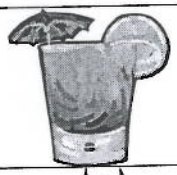
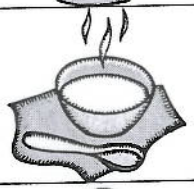
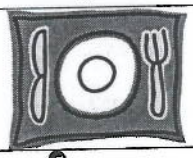
Primary Provider: _____ NFP Staff: _____ Date: _____

NEIGHBORHOOD FAMILY PRACTICE

NEIGHBORHOOD FAMILY PRACTICE

Manejo Propio de Metas Personales (SMG) Para Pacientes Con Enfermedades Crónicas

Las enfermedades Crónicas son enfermedades muy serias. Estas incluyen Hipertensión, Diabet Depresión, y enfermedades del corazón. USTED, el Paciente, es la persona más importante pa controlar estas enfermedades. NOSOTROS, el personal del Neighborhood Family Practice, le guiaren y le brindaremos apoyo USTED maneja sus enfermedades.

Las siguientes Metas le ayudarán a controlar su enfermedad y reducir el daño en su cuerpo.		Fecha de Inicio	Fecha de Meta	Comentarios
	Comeré más frutas y vegetales. (55)			
	Tomare menos refrescos y jugos. (54)			
	Desayunare. (62)			
	Tomare más agua. (57)			
	Reduciré mi consumo de comidas rápidas. (59)			
	Reduciré la porción que me sirvo. (60)			
	Hare ejercicios_____veces a la semana. (65)			
	Tomare mis medicamentos. (79)			

Nombre del Paciente: _____ Fecha: _____

Proveedor Primario: _____ Personal de NFP: _____ Fecha: _____

Revised 02/2012