

Cardiovascular Self-Management

Note: To achieve good control of your blood pressure it is important to have practical goals for yourself. Set one goal now and after you have achieved it, move on to another. Know your risk factors and decide what you are willing to change. Feel good about one change before making another. Make your health a priority in terms of your time and energy. Consider your health provider at the clinic _____, a partner in your health.

PLEASE CHOOSE ONE OR MORE OF THE FOLLOWING GOALS

YES	NO		GOALS	
		Goal 1	I will help myself to reduce stress by doing something I enjoy, exercising or meditating. When I feel stressed out, I will find someone to talk to.	
		Goal 2	I will walk _____ minutes _____ day(s) a week. If I notice chest pain, shortness of breath, or chest tightness, I will seek medical attention.	
		Goal 3	I will decrease the amount of salt that I use every day.	
		Goal 4	I will follow my low fat diet, low cholesterol diet to reduce my cholesterol and reach or maintain my ideal weight.	
		Goal 5	I will try to reach my ideal body weight. I will lose _____ pounds by _____.	
		Goal 6	I will take all medications properly every day. To prevent blood clots, stroke or heart attack, I will take an aspirin a day.	
		Goal 7	I will stop smoking.	
		Goal 8	I will visit the eye specialist every year or as indicated.	
		Goal 9	I will limit alcohol to 1 glass per day.	
		Goal 10	I will lower my blood pressure to ____/____ by _____.	

Patient's Name: _____ DOB: _____

Patient's Signature: _____ Date: _____