

# Personal Health Plan

Date:

I, \_\_\_\_\_ and \_\_\_\_\_

(name of patient)

(name of clinician)

have spoken about my health risks and created the following plan for improving my health:

**My Health Risks:** concerns that my provider and I have regarding my whole health

1.

2.

3.

**Provider's Health Goal:** \_\_\_\_\_

**Our Shared Health Goals:** SMART Goals and Action Steps that my provider and I have set to guide us in improving my health

We have gone over some of the details of setting SMART goals, and now it's time for you to set your own with the help of your provider and the group! Remember the SMART Goal guidelines, written below, while creating your goals.

## SMART Goal and Action Steps Criteria

- Specific - clear and concise
- Measurable - clear way for knowing if goal is met
- Action-Oriented – action that is in direct control of the person
- Realistic – based on what is possible or the person thinks they can do
- Timed - contains a time line for steps along the way to the final goal

# Personal Health Plan

Write the shared goals you have created with your provider below:

Our Short Term Goals: (1-6 months)

Our Long Term Goals: (6 months-1 year)

We will follow up to track goal progress in \_\_\_ months / \_\_\_ weeks

Notes:

This health plan is an agreement between me and my doctor regarding the goals we have for my health. We will work on these together to improve my health over the next \_\_\_ months.

Patient Signature: \_\_\_\_\_

Provider Signature: \_\_\_\_\_

Date: \_\_\_\_\_