
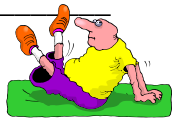




Patient Name: _____ DOB _____ Chart # _____

salmon to chart/passbook to patient

Pre-Contemplation (I'm not ready) – SMG concept discussed but patient not ready (<7 confidence level) to establish a goal	_ / _ / _	/ /	/ /	/ /	/ /
Specific Self Management Goals <i>Once patient sets a goal, it is recorded then discussed/scored at subsequent visits until "4" is the normal response or goal is dropped</i>	Date SMG Set	Date & Circle Score	Date & Circle Score	Date & Circle Score	Date & Circle Score
Eat Smart (Coma bien)  <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Get Moving (Muevase) <hr/> <hr/> <hr/> <hr/> <hr/> 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Health Habits/Behaviors (Hábitos de Salud)  <hr/> <hr/> <hr/> <hr/> 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

1=goal set but not started 2=sometimes 3=usually 4=always/almost always

Provider to initial SMG facilitated. Any team member can review and score SMG's, old & new, after discussion with patient

11/02/04