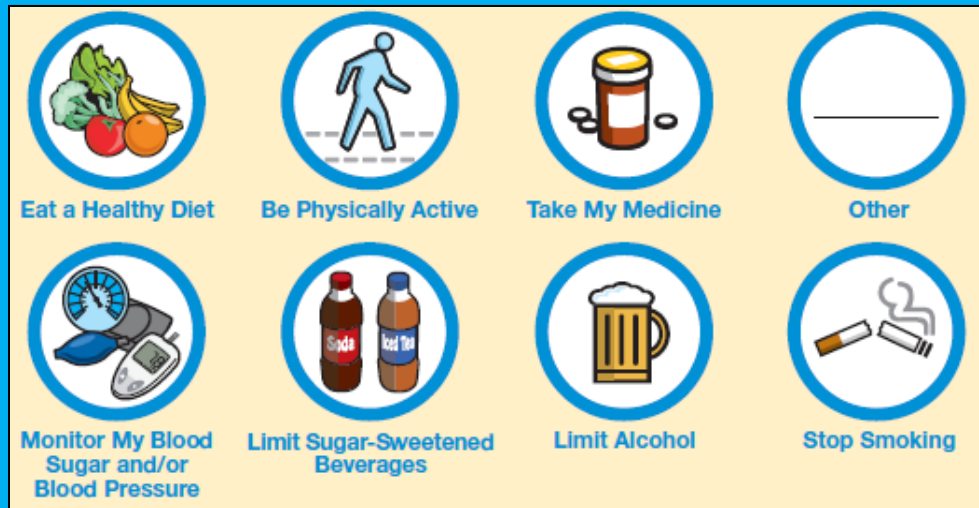


# Iowa Diabetes Action Plan



Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Medical Record #: \_\_\_\_\_

## My Health Goal

<b>My Health Goal Is:</b> (Example: To be more physically active by going on walks)																							
<b>How often I will do it:</b> (circle one)	Daily      Every other day      Weekly      Before next appointment																						
<b>When I will do it:</b> (ex. After supper)																							
<b>Where I will do it:</b> (ex. Around my neighborhood and the park)																							
<b>From 0 to 10, how ready am I to make this change? (circle one)</b>																							
<table border="0"> <tr> <td>0</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td>Not at all</td><td></td><td>A little</td><td></td><td></td><td>50/50</td><td></td><td></td><td>Very</td><td></td><td>Totally confident</td> </tr> </table>	0	1	2	3	4	5	6	7	8	9	10	Not at all		A little			50/50			Very		Totally confident	
0	1	2	3	4	5	6	7	8	9	10													
Not at all		A little			50/50			Very		Totally confident													
<b>From 0 to 10, how confident am I that I can reach my goal? (circle one)</b>																							
<table border="0"> <tr> <td>0</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td>Not at all</td><td></td><td>A little</td><td></td><td></td><td>50/50</td><td></td><td></td><td>Very</td><td></td><td>Totally confident</td> </tr> </table>	0	1	2	3	4	5	6	7	8	9	10	Not at all		A little			50/50			Very		Totally confident	
0	1	2	3	4	5	6	7	8	9	10													
Not at all		A little			50/50			Very		Totally confident													
<b>What might get in the way of my plan?</b> (ex. My favorite TV show is on after supper)																							
<b>What can I do about it?</b> (ex. Eat supper 30 minutes earlier)																							
<b>How could a friend, family or healthcare team member help me reach my goal?</b> (ex. My wife will walk too)																							

## Follow-up Plan

When:

How:

