

# Take Charge of Your Health

## Set a Goal!

### What is a goal?

- ☒ Something YOU want to do
- ☒ Something small
- ☒ Something you are confident you can do
- ☒ Something that may help improve your health or quality of life.



### Goal Example:

I will get together with a friend two times per month so that I get out of the house more. My confidence level is 8 out of 10 that I will do this. I will share my plan with my daughter and have her ask me how it is going at least once a week.

**Please share your goal with the health care team here at  
Community Health Care System**



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### Goal Example:

I will write down how many cigarettes I have per day so that I am more aware of how much I am smoking. My confidence is 9 out of 10 that I will do this. I will share my plan with my best friend and have him ask me how it is going at least once a week

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#### Goal Example:

I will walk on my treadmill at home two days per week for 30 minutes. My confidence level is 8 out of 10 that I will do this. I will share my plan with my best friend and have her ask me how it is going at least once a week.

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#### Goal Example:

I will eat five servings of fruits and vegetables three days a week. My confidence level is 7 out of 10 that I will do this. I will share my plan with my husband and ask him to ask me how it is going at least once a week.

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