

# MY PERSONAL HEALTH PROGRESS



**Strong men put their health first.** Did you know that nearly 50 percent of African American men have a risk factor that can lead to heart attack or stroke? Simple changes—like taking medication as prescribed, eating a healthy diet, and getting regular exercise—can make a big difference in improving your health.



## MY HEALTH GOALS

Change can be difficult and having specific goals can help you stay on track and motivate you to make important lifestyle changes. Remember to talk to your healthcare professionals about your goals. Use the worksheet below to help set health goals that are personal to you.

## Tips for Goal Setting

- ✓ Set goals that matter to you and are realistic
- ✓ Set long-term goals (example: what you want to have accomplished by next year)
- ✓ Set short-term goals (example: what you can do this week, this month)
- ✓ Write down your goals, review them with your healthcare professional and make changes to them over time

My Health Goal	Steps to Accomplish	Timeframe to Complete
<i>Example:</i> <ul style="list-style-type: none"><li>• My goal is to exercise</li></ul>	<i>Example:</i> <ul style="list-style-type: none"><li>• Tomorrow, I will talk to a friend about exercising with me</li><li>• Next week, I will begin by walking 15 minutes on Monday, Wednesday and Friday morning</li><li>• By mid-month, I will begin walking 30 minutes, 3 times each week</li></ul>	<i>Example:</i> <ul style="list-style-type: none"><li>• Walk 30 minutes at least 5 days a week by end of month; continue for 6 months</li></ul>

## What I Should Work On

In this section, please write down the things you and your healthcare professional think you should work on prior to your next office visit. Remember to ask your healthcare professional:

- Have I experienced setbacks since my last visit, and how can we work together to address those?

*Example: I have to increase my physical activity by 30 minutes each week before my next visit.*

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## My Progress

In this section, please write down the areas in which you have made progress since your last office visit. Remember to ask your healthcare professional:

- What progress have I made since my last visit?

*Example: I have lost 5 pounds since my last doctor visit because I cut out fried foods.*

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