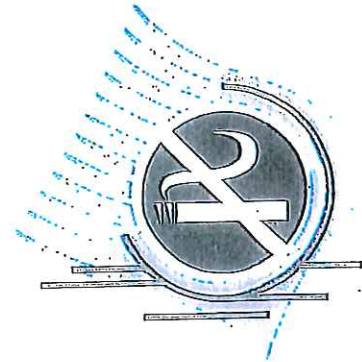
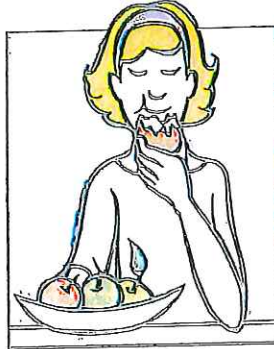


COPD SELF MANAGEMENT GOALS

Name: _____ Date: _____

Reaching optimal control of COPD requires a lot of effort on your part. Activities that patients perform on a daily basis to help care for their illness are called Health Management Behaviors. These behaviors may include symptom monitoring, healthy eating, regular exercise, medication taking, smoking cessation and more.



It is important to make your goals realistic; small changes are OK! What is one area you want to improve?

What would I like to do to manage my COPD better?

Action: _____

When would I do it?

Action: _____

Where would I do it?

Action: _____

How often would I do it?

Action: _____

What barriers might get in the way of my plan?

Action: _____

How could I overcome the barriers?

Action: _____

How confident am I that I can accomplish my Self Management Goal (On a scale of 1 to 10)? _____

Date Reviewed: _____ 2nd Call: _____