








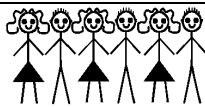


# MPV NEW JERSEY MEDICAL GROUP

## Obesity Self-Management Goals

As any individual affected by obesity knows, obesity is a complex chronic disease. Obesity is classified as having a Body Mass Index (BMI) of 30 or greater. BMI is a tool used to measure obesity. Obesity management is a prevalent and persisting condition in primary care. Here are goals to promote self-management for patients through positive self-care behaviors. Lifestyle interventions can be put in place with healthier food choice, portion control and increased exercise.

	Goal 1: I will work hard to keep my BMI <30
	Goal 2: I will exercise (walk) 30 minutes _____ days per week. If I notice chest pain, shortness of breath, or chest tightness, I will seek medical attention.
	Goal 3: I will follow my low-calorie and low-fat diet to decrease weight, control blood sugar levels and lower blood pressure. I will focus on eating smaller portions, and discovering healthier food options.
	Goal 4: I will try to obtain my ideal body weight. I will conduct regular self-weighing. I will lose _____ pounds by my next office visit.
	Goal 5: I will take all medications properly.
	Goal 6: I will reduce alcohol intake.
	Goal 7: I will stop smoking.
	Goal 8: I will self-monitor with use of food diaries, exercise logs, and high-tech tools such as pedometers.
	Goal 9: I will modify my behaviors that contribute to obesity such as Becoming educated about the body and how to nourish it appropriately.
	Goal 10: I will talk about how I feel about my obesity to my family and friends. I will ask them to support my healthy food choices. I will attend an Obesity Support Group.

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**Obesity Self-Management Goals**

Name:

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Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Selected Goal:

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Action Plan:

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Barriers & Solutions:

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