



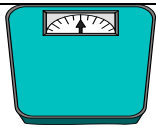







The Dual Challenge – Diabetes & Hypertension

Achieve Better Control

To achieve better control of your blood pressure it is important to set practical goals for yourself. Identify your risk factors and decide what you are willing to change. Commit to achieving 3 goals, 2 goals you can accomplish in 2-4 weeks and 1 goal that you will accomplish over the next 3-6 months.

Date selected	Date achieved	Goals	
		Goal 1	I will decrease the amount of salt (sodium) I use in my diet. 
		Goal 2	I will move more today than I did yesterday. I will begin an exercise program working toward ____ minutes of moderate aerobic exercise ____ day(s) a week. If I notice chest pain or tightness or shortness of breath, I will seek medical attention. 
		Goal 3	I will take all medicine properly every day. I will tell my doctor if I cannot afford my medicine. 
		Goal 4	I will include healthy fats (olive or canola oil, salmon) in my diet and follow a Therapeutic Lifestyle Change Diet to reduce my cholesterol. 
		Goal 5	I will achieve a healthier body weight. I will lose _____ pounds by _____. 
		Goal 6	I will stop smoking. I will ask my doctor about ways to quit. My quit date is _____. 
		Goal 7	I will reduce my stress by doing something I enjoy, exercising meditating, talking with someone about my stress Or _____ 
		Goal 8	I will visit the eye specialist or have retinal photos taken every year. (Retinal photography available to patients of the Akron, Mapleton, Primghar, Paullina, Sutherland & Hartley Mercy Medical Clinics) 
		Goal 9	I will limit alcohol to 1 glass per day. 1 glass is 12 oz beer or 1 oz whiskey or other hard liquor or 5 ounces of wine. 
		Goal 10	I will lower my blood pressure to ___/___ by _____. 

Patient's Name _____ Dr. _____

Patient's Signature: _____

Patient copy – white, Chart copy – yellow, Project copy - pink