



Your Name Age

What would you like to achieve in relation to your health and wellbeing?

(always consult your GP if you are concerned about your health or have already been diagnosed with health condition)

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PERSONAL MANAGEMENT PLAN
Choice – Development - Prevention

Your goal:

Short-term:

Long-term:

Your S.M.A.R.T. targets can include:

- To improve your eating habit/ or reduce body weight if you are overweight
- To improve your coping skills (chronic pain, long-term condition or disability)
- To increase physical activity level e.g. walking every day *(start with a short distance walk for 10-15 min at a moderate pace)* or join specific-target group session
- To cope better with stress and anxiety in daily life
- To develop a strategy for health and wellbeing that can reduce your risk of developing illness in the future

We can support you in development of your strategy for health and wellbeing.

Why are your goals relevant to you? *(What is your motivation to achieve the goal? You need to be determined and consistent in your strategy)*

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What means of support do you have?

(Are you joining a supervised group? Or, is your family or friend helping you to achieve your goal?)

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What is self-management?

Self-management includes the actions we take every day to stay fit at optimum level, physically and mentally, and meet our personal and social needs. We should be able to prevent ill health or accidents through making informed decisions on lifestyle choices, and, if diagnosed with a health condition, to cope more effectively with its symptoms.

Progress Monitoring

Date	Weekly Monitoring Are your goals set to the S.M.A.R.T. targets? (specific, measurable, achievable, realistic, timed)
	<u>Review & Evaluation:</u> Physical gain: Cognitive gain: Social aspect of wellbeing: