

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.

	<p>Goal 1: I will work hard to keep my BMI <30</p>
	<p>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.</p>
	<p>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.</p>
	<p>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.</p>
	<p>Goal 5: I will take all medications properly.</p>
	<p>Goal 6: I will reduce alcohol intake.</p>
	<p>Goal 7: I will stop smoking.</p>
	<p>Goal 8: I will self-monitor with use of food diaries, exercise logs, and high-tech tools such as pedometers.</p>
	<p>Goal 9: I will modify my behaviors that contribute to obesity such as Becoming educated about the body and how to nourish it appropriately.</p>
	<p>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.</p>

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Obesity Self-Management Goals

Name:

Date: _____ / _____ / _____

Selected Goal:

Action Plan:

Barriers & Solutions:

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Obesity Self-Management Support Plan

Obesity Support Groups

- ◆ Obesity Action Coalition – www.obesityaction.org

Emotional Support

- ◆ American Psychological Association – www.apa.org/helpcenter/obesity.aspx

Weight Management

- ◆ Weight Watchers - 800-621-6000; www.weightwatchers.com
- ◆ Over Eaters Anonymous - 505-891-2664 (support group)- www.oa.org
- ◆ United States Department of Agriculture – www.chosemyplate.gov

Exercise

- ◆ Curves - 877-673-3144- www.curves.com
- ◆ 24 Hour Fitness - 800-224-0240- www.24hourfitness.com
- ◆ New York Sports Club - www.newyorksportsclubs.com
- ◆ National Institute on Aging - www.nia.nih.gov

Smoking Cessation

- ◆ www.smokefree.gov

Reduce Alcohol Drinking

- ◆ www.rethinkingdrinking.niaaa.nih.gov

Journals

- ◆ The Obesity Society – www.obesity.org/publications/obesity-journal

Apps

- ◆ Calorie King
- ◆ SparkQuote (Free, inspiring quote for the day)

Log Your Food On-line

- ◆ www.myfooddiary.com ◆ www.sparkpeople.com ◆ www.my-calorie-counter.com
- ◆ www.myfitnesspal.com ◆ www.fitday.com