

My Goals for Cardiac Rehabilitation

Name _____

Date _____

Exercise Goals:

- Attend rehab sessions often
- Use a _____ (exercise machine) at home
- Do my own chores/shopping again
- Get ready/safe to go back to work
- Increase energy/strength to do (name activity) _____
- Join a local gym
- Keep up with _____
(family, grandkids, friends my age)
- Start/stick to a walking program
- Walk at least _____ steps every day
- Return to sexual activity
- Other: _____

Nutrition Goals:

- Do more of my own cooking
- Drink less alcohol
- Drink more water
- Eat more fruits & vegetables
- Eat more fish/seafood
- Eat less salt/sodium
- Find healthy recipes of favorite dishes
- Learn how to read food labels
- Lose 3 to 5 pounds in the next month
- Maintain weight/prevent further gain
- Make healthy choices when out to eat
- Regain lost weight
- Other: _____

My Thoughts & Social Goal:

- Attend & enjoy a future family event
(please name) _____
- Be happy & enjoy life again
- Feel less anxious
- Feel less depressed
- Find new friends or new hobbies
- Get back to a former social activity
(please name) _____
- Handle anger/frustration better
- Learn how to relax & slow down
- Meet others with cardiac problems
- Reduce the need on family
- Join a support group
- Notice & manage stress better
- Schedule an appointment with a mental health professional
- Other: _____

Other Core Component Goal:

- Keep my BP at/near goal numbers
- Keep my blood sugar numbers at/near goal
- Keep my cholesterol numbers at/near goal
- Learn my blood pressure numbers
- Learn my blood sugar numbers
- Learn my cholesterol numbers
- Learn to test my own blood sugar at home
- Learn to take my own BP at home
- Quit smoking or stop other tobacco use
- Take my medicines as prescribed
- Avoid falls & injuries
- Know what to do in a heart emergency
- Learn about my heart problem or treatment
- Notice & report changes in my symptoms to my doctor, rehab staff, etc.
- Prevent my heart problem from getting worse or happening again
- Other: _____

Thank you for helping us learn a little more about YOU!

Kind regards,

The UTMC Knoxville Cardiac Rehab Program Staff