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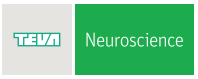

RRMS GOAL TRACKER

youdontknowjackaboutms.com

As a self-advocate, it is important to understand your individual strengths and needs and identify personal goals. Goal setting may be helpful for some patients who are managing RRMS.

Be realistic and take time to think through what you want for yourself in terms of overall health, nutrition and exercise over a twelve month period (resolutions aren't only for New Year's!). Once you have identified your goals, you can use the RRMS Goal Tracker to make a plan for how to achieve them. Please remember not to start any diet or exercise routine without first consulting your doctor.

Check in on a regular basis to see how you're tracking. At the end of the year look back to see what you've accomplished, and start thinking about your goals for the next twelve months!

Date Goals Set: _____

Three-month Check-in Date: _____

Six-month Check- in Date: _____

Nine-month Check- in Date: _____

Year End Date: _____

Overall Health Goals:

What goals would you like to set for youself regarding your overall health this year?

_____

_____

What are specific actions you can take on a daily/weekly/monthly basis, to achieve your overall health goals?

_____

_____

If you accomplished these overall health goals, how do you think your life would change?

_____

_____

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Nutrition Goals:

What goals would you like to set for yourself regarding your nutrition goals this year?

_____

_____

What are specific actions you can take on a daily/weekly/monthly basis, to achieve your nutrition goals?

_____

_____

If you accomplished these nutrition goals, how do you think your life would change?

_____

_____

Exercise Goals (Please check with your doctor before beginning any exercise programs)**:**

What goals would you like to set for yourself regarding your exercise goals this year?

_____

_____

What are specific actions you can take on a daily/weekly/monthly basis, to achieve your exercise goals?

_____

_____

If you accomplished these exercise goals, how do you think your life would change?

_____

_____

Don't forget to refer back to your goals regularly to track your progress, and good luck!

Note: the RRMS Goal Tracker is a tool and is not a replacement for medical support. If your symptoms change or you have a medical emergency call 911 and/or your doctor immediately.

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