# navajo basket and jewelryHeart Saver Project - My Plan Part A Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Heart Saver Project – My Plan Part A**

Ramah Navajo School Board

 *(To be completed at first case management visit.)*

**MY GOALS**

|  |  |
| --- | --- |
| hitting a brick wall | **In the past, what has stopped me from:**  |
| bowl of food |  |
| chopping wood |  |
| medicine |  |
| blood sugar check |  |
| stop smoking |  |

What I hope to gain from joining the

Heart Saver Project:

1)

2)

3)

4)

5)

|  |  |
| --- | --- |
|  | **I am willing to do this to meet my goals:** |
| bowl of food |  |
| wood chopping |  |
| medicine |  |
| blood sugar check |  |
| stop smoking |  |

***I would like to learn more about:***

**PID# \_\_\_\_\_\_\_\_\_\_\_**

**MR# \_\_\_\_\_\_\_\_\_\_\_**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

[ ]  what diabetes does to my heart [ ]  diabetes

[ ]  how to be more physically active [ ]  nutrition

[ ]  high blood pressure [ ]  cooking

[ ]  high cholesterol [ ]  managing stress

[ ]  maintain healthy weight [ ]  support groups

[ ]  weight loss [ ]  quit tobacco

***I prefer learning:***

[ ]  with a group of people [ ]  one-on-one

[ ]  by reading [ ]  by doing

[ ]  in Navajo [ ]  in English