# 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