

SETTING GOALS WORKSHEET



SETTING GOALS

When it comes to your health and your bleeds, where are you today? What would you like to change? Once you understand where you are, you can then set goals to get you where you'd like to be.

GENERAL HEALTH

- Track your weight. Has it changed by 5 to 10 pounds in the last month?
- In the last month, how often have you exercised?
- What motivators might help you achieve your goals? What obstacles might get in the way of achieving your goals?

Not all activities are appropriate for all people. Be sure to consult your physician or hemophilia treatment center (HTC) before beginning an exercise program or participating in sporting activities. If an injury occurs, contact your physician or HTC immediately for the appropriate treatment.

	TODAY	GOAL	
Weight:	_____ lbs	_____ lbs	Motivators: (eg, fewer bleeds, less pain)
Exercise routine:	_____ X week	_____ X week	
HTC visits:	_____ X week	_____ X week	Obstacles: (eg, busy schedule)
Missed activities:	_____ X week	_____ X week	

BLEEDS

- Has your pain gotten worse over time? How?
- How often in the last month have you had to miss school, work, or other activities because of bleeds?
- How many bleeds did you have in the last year or month? How many fewer bleeds do you want to have?
- Your goal may be to have fewer bleeds than you had last month or last year.

TRACKING YOUR ANNUAL BLEED RATE (ABR)

Your annual bleed rate (ABR) is the number of bleeds you experience over the course of a year. If you don't have a year's worth of bleeds tracked, simply take the number of bleeds you had in the last month and multiply by 12 to calculate an estimate.

*Work with your healthcare provider to determine your individual treatment plan.

CALCULATING YOUR ABR

_____ X 12 (months) = _____
of BLEEDS ABR

TODAY
Your estimated ABR

GOAL
What you want your ABR to be*
