

Listed below are sample recommendations that providers can use to help their clients develop goals to improve their health status. Ideally, clients should come up with their own goals to address these issues, but the goals listed below can serve as samples or prompts if they are having trouble developing their own. In order to help clients develop and achieve success, the goals should conform to the SMART format (Specific, Measurable, Attainable, Realistic, and Timely)

Weight/BMI

- Participate in wellness classes – walking, Wii, healthy cooking
 - Attend exercise class X times per week.
- Increase daily activity level
 - Walk X minutes X times per week

Blood Pressure

- Quit smoking or reduce smoking
 - Reduce smoking from X cigarettes per day to X cigarettes per day.
- Reduce or limit alcohol
 - Reduce alcohol from X drinks per day to X drinks per week.
- Increase physical activity
 - Walk X minutes X times per week
- Increase consumption of fruits and vegetables
 - Add a vegetable or fruit serving at lunch and dinner X times per week
- Treat meat as one part of the meal, instead of the focus.
 - Have X or more meatless meals a week.
- Reduce sodium
 - Reduce fast food from X times per week/month to X times per week/month
 - Reduce consumption of processed foods – or substitute a low-sodium version of familiar processed foods
 - Remove the salt shaker from your dinner table

Cholesterol (HDL, LDL, Triglycerides)

- Increase consumption of fruits and vegetables
 - Substitute fresh fruit for your normal snack X times per week
 - Include a (non-fried) vegetable with your dinner X times per week
- Replace some white bread and white rice with whole grain bread and brown rice.
 - Substitute whole grain bread for white bread X times per week
- Increase physical activity level.
 - Walk X minutes X times per week
 - Reduce or quit smoking – consider joining tobacco cessation class
 - Reduce smoking from X cigarettes per day to X cigarettes per day
- Reduce alcohol if you drink
 - Reduce alcohol consumption from X drinks per day to X drinks per day
- Do they have a medication – adherence
 - If they have been prescribed a cholesterol-lowering medication, make sure that they take the medication as prescribed.
- Reduce sweets such as soda, desserts, candies and syrups.
 - Substitute diet soda or water for regular soda X times per week
 - Substitute fresh fruit for desserts and candy X times per week
 - Substitute sugar-free syrup for regular syrup
- Increase consumption of baked or broiled fish/chicken/lean meats/proteins
 - Substitute baked or broiled fish/chicken/lean meats/proteins for fried foods X times per week
- Eat more fish
 - Try one meal per week that includes baked or broiled fish.

Glucose/HbA1c

- Reduce sweets such as soda, desserts, candies and syrups.
 - Substitute diet soda or water for regular soda X times per week
 - Substitute fresh fruit for desserts and candy X times per week
 - Substitute sugar-free syrup for regular syrup
- Reduce carbohydrates/sugars – increase fresh vegetables and fruit, chicken, fish, lean meats and whole grains
- Take diabetes medicines as prescribed
- Increase activity
 - Walk X minutes X times per week
- Increase fiber (fruits, vegetables, beans, nuts)
- Swap white bread and white rice with whole grain bread and brown rice
 - Substitute whole grain bread for white bread X times per week
- If they have diabetes – monitor and track blood sugar levels consistently and take all medications as prescribed