

## Goals and Outcomes

Name: **Sample Man**

Male, 54.3 years

The Heart Place

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### 08/31/1999 Blood Pressure

Action: Check BP daily in Mar

Will get home BP equipment

(New) Progress rating: 6

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### 08/09/1999 Health Care

Action: See phys. ther. for back treatmt

(New) Progress rating: 1

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### 08/04/1999 Class Participation

Action: Attend Heart Heathy Cooking Class

Will attend with wife

(New) Progress rating: 8

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### 01/19/1999 Health Care

Action: Get PSA

(New) Progress rating: 1

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### 04/01/1997 Blood Pressure

Action: Check BP daily in Mar

Has been checking BP 3-4x/wk

(Followup) Progress rating: 3

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### 03/25/1997 Weight

Action: Lose 4 lb per mo.

(Completed) Progress rating: 2

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### 03/18/1997 Incentive Points

Action: Earn 300 points in Feb

(Completed) Progress rating: 3

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### 03/17/1997 Exercise

Action: Do stretching, resistance 2x/wk

(Completed) Progress rating: 3

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### 03/11/1997 Attendance

Action: 12 workouts per mo. in Jan, Feb

(Completed) Progress rating: 3

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### 03/01/1997 Attendance

Action: 3x/wk Mar, Apr, May

(New) Progress rating: 0

Will work with personal trainer once per week to focus on proper technique and maintain accountability.

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### 03/01/1997 Class Participation

Action: Managing your High Blood Pressure

(New) Progress rating: 0

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### 03/01/1997 Exercise

Action: Do back exercises daily for Mar

Having back discomfort daily

(New) Progress rating: 0

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### 03/01/1997 Weight

Action: Lose 4 lb per mo.

(New) Progress rating: 0

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### 02/06/1997 Health Care

Action: See physical ther. for back treatmt.

(Completed) Progress rating: 4

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### 02/06/1997 Weight

Action: Lose 4 lb by Mar 31

(Completed) Progress rating: 4

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### 02/01/1997 Incentive Points

Action: Earn 300 points in Feb

(New) Progress rating: 0

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### 12/05/1996 Class Participation

Action: Self-Care

(Completed) Progress rating: 4

Completed 4 week course with perfect attendance. Covered self-exams, common home treatments, appropriate use of health care system, preventive measures.

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### 12/04/1996 Class Participation

Action: Self-Care

(New) Progress rating: 0

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### 02/23/1996 Class Participation

Action: Attend Heart Heathy Cooking Class

(Completed) Progress rating: 2

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## Goals and Outcomes

Name: **Sample Man**

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**02/23/1996 Tobacco**

Action: Quit smoking for 30 days

(Completed) Progress rating: 5

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**02/23/1996 Weight**

Action: Lose 4 lb by Mar 31

(New) Progress rating: 0

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**02/21/1996 Weight**

Action: Lose 12 pounds by March 31

(Completed) Progress rating: 4

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**02/16/1996 Blood Pressure**

Action: Take blood pressure medication daily in

(Completed) Progress rating: 4

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**02/16/1996 Class Participation**

Action: Attend Healthy Back Class

(Completed) Progress rating: 3

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**02/16/1996 Class Participation**

Action: Attend Heart Healthy Cooking Class

(New) Progress rating: 0

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**02/16/1996 Incentive Points**

Action: Earn 300 points in Jan

(Completed) Progress rating: 2

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**02/16/1996 Nutrition**

Action: Change from Whole milk to low fat

(Completed) Progress rating: 2

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**02/16/1996 Nutrition**

Action: Limit alcohol to 2 drinks per day

(New) Progress rating: 0

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**02/16/1996 Safety**

Action: Wear seat belt every time drive/ride

(Completed) Progress rating: 3

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## Goals and Outcomes

Name: **Sample Man**

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### 02/16/1996 Stress Management

Action: Do relaxation exercises daily in Jan

(Completed) Progress rating: 2

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### 02/01/1996 Safety

Action: Wear seat belts every time drive/ride

(New) Progress rating: 0

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### 02/01/1996 Stress Management

Action: Practice relaxation exercises daily

(New) Progress rating: 0

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### 01/01/1996 Attendance

Action: 12 workouts per mo. in Jan, Feb

(New) Progress rating: 0

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### 01/01/1996 Blood Pressure

Action: Take blood pressure medication daily in

(New) Progress rating: 0

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### 01/01/1996 Cholesterol

Action: Get chol and HDL rechecked in Mar

(New) Progress rating: 0

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### 01/01/1996 Class Participation

Action: Attend Healthy Back Class

(New) Progress rating: 0

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### 01/01/1996 Exercise

Action: Do stretching, resistance 2x/wk through

(New) Progress rating: 0

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### 01/01/1996 Health Care

Action: See physical therapist for back treatment

(Completed) Progress rating: 0

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### 01/01/1996 Incentive Points

Action: Earn 300 points in Jan

(New) Progress rating: 0

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Name: **Sample Man**

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### 01/01/1996 Nutrition

Action: Change from Whole milk to low fat

(New) Progress rating: 0

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### 01/01/1996 Other

Action: Make appt. with financial planner

Having problems with credit card debt that contributes to stress

(New) Progress rating: 0

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### 01/01/1996 Safety

Action: Wear seat belt every time drive/ride

Has had several tickets and accidents in past 2 years.

(Completed) Progress rating: 0

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### 01/01/1996 Stress Management

Action: Do relaxation exercises daily in Jan

Extremely stressed out at work. Much conflict with boss and co-workers.

(New) Progress rating: 0

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### 01/01/1996 Tobacco

Action: Quit smoking for 30 days

Will join Smoke Enders program

(New) Progress rating: 0

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### 01/01/1996 Weight

Action: Lose 12 pounds by March 31

Body fat > 30%

(New) Progress rating: 0

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