



Health Improvement Plan Worksheet – Subsequent Visits

Visit # _____ Date: _____

Outcome from previous week's goal: Met Not Met Partially Met

My reward is:

I am still committed to my Long-Term Goal. Y N

My Goals are:

Strategies

How important is it for you to meet your above goal? _____
0 = not at all through 10 = extremely important

Rate your level of confidence in accomplishing your week's goal. _____
0 = no confidence 5 = some confidence 10 = total confidence



Miller, W.R., & Rollnick, S. (2002). *Motivational Interviewing-Preparing People for Change* (2nd ed.). (p.137).
New York: Guilford Press.