

**LIFESTYLE PLAN – for you to agree with your GP or practice nurse when using Flo telehealth service**

Write down what you would like to achieve in the next week, month, 3 months, 6 months and year. Set yourself goals that you think you will be able to manage, then mark with a tick (✓) if you get there or cross (X) if you don't. Try to put a target either in numbers or words that you will know if you have met. (We've given you an example in italics in the second row below, of the kind of goals you might set yourself – though not all columns may apply to you. You might just choose to set goals for your weight, diet, exercise and blood pressure for instance if you do not drink much alcohol or smoke cigarettes.) Every 3 months you might change your targets depending on your progress.

Where I am now:	Weight	✓ or X	Diet	✓ or X	Exercise	✓ or X	Alcohol	✓ or X	Smoking	✓ or X	Blood pressure	✓ or X
<i>(Write down your present readings / habits and the date)</i>	.....		..... ..... ..... <i>(comment on calories you eat, or kinds of food you eat but know aren't good for you)</i>		..... ..... ..... <i>(Eg how many days you did any real activity or exercise)</i>		.....  <i>(number of units you've drunk this week?)</i>		.....  <i>(How many cigarettes you smoke each day?)</i>		.....mmHg <i>What's your baseline?</i>	
<i>Suggestions for goals to write down below – yours may be quite different. What's important is that they are what you really want to achieve.</i>	<i>Lose 2lbs each fortnight; or - lose 5% of my body weight by XXX</i>		<i>Check salt content of packaged food, and reduce to 5g per day. No biscuits between meals</i>		<i>Walk to the shops at least 4 x in the week</i>		<i>Have 5 days per week when I don't drink alcohol</i>		<i>Cut down to 5 cigarettes a day; or stop smoking by XXX</i>		<i>Aim for less than 140/90mmHg</i>	
<b>Where I want to be next week:</b> <i>(write down your first week's goals – be as specific as possible)</i>												
<b>Where I want to be next month:</b> <i>(write your goals for the first month)</i>												
<b>Where I want to be in 3 months:</b>												
At 3 months take stock – how are you doing? Do you want to carry on with the Flo texting programme? Go to your GP surgery if so to be weighed and sign up again – renew or revise your goals below:												

	Weight	✓ or X	Diet	✓ or X	Exercise	✓ or X	Alcohol	✓ or X	Smoking	✓ or X	Blood pressure	✓ or X
Where I want to be in 6 months:												
At 6 months take stock – how are you doing? Do you want to carry on with the Flo texting programme? Go to your GP surgery if so to be weighed and sign up again – renew or revise your goals below:												
Where I want to be in 9 months:												
At 9 months take stock – how are you doing? Do you want to carry on with the Flo texting programme? Go to your GP surgery if so to be weighed and sign up again – renew or revise your goals below:												
Where I want to be in a year's time:												