



My Goal: A Workable Plan



Medication Plan



How to set achievable medication goals to reduce your risks:

Many people who are prescribed medications do not realize all the details involved in taking them properly: filling the prescription, paying for it, taking it at the same time each day, refilling, etc. To reach your treatment goals, take time to solve any medication issues that keep you from reaching your risk-reduction goals.

Log your side-effects: Don't stop taking important risk-reducing medications. Instead discuss options.

Plan your refills: Avoid gaps in medications by ensuring your refills are ready in a timely manner.

Create a time and place: Build habits so that you have a regular medication-taking routine.

Realistic Goal Checklist



Is your goal realistic? Run it through this checklist to find out.

- Is your goal easy?** (Example: I will set an alarm on my phone to remind me to take my meds after breakfast for five days.)
- Is your goal specific?** (Example: For two days this week, I will log any side effects I notice.)
- Do you have a clear prompt to remind you?**
(Example: I will take my medication after I brush my teeth for five days in a row.)

I'm in! My Goal

I will _____ when I _____ for _____

(Enter activity)

(Enter Prompt)

(Number)

(Times, Days, Weeks, etc.)

(Example: I will set my pill bottle by my toothbrush after I brush my teeth each night for five nights.)

TRACK YOUR PROGRESS



You're moving toward your goal. Keep up the good work!



Keep setting healthy goals!

For more information, visit MyAFibExperience.org.