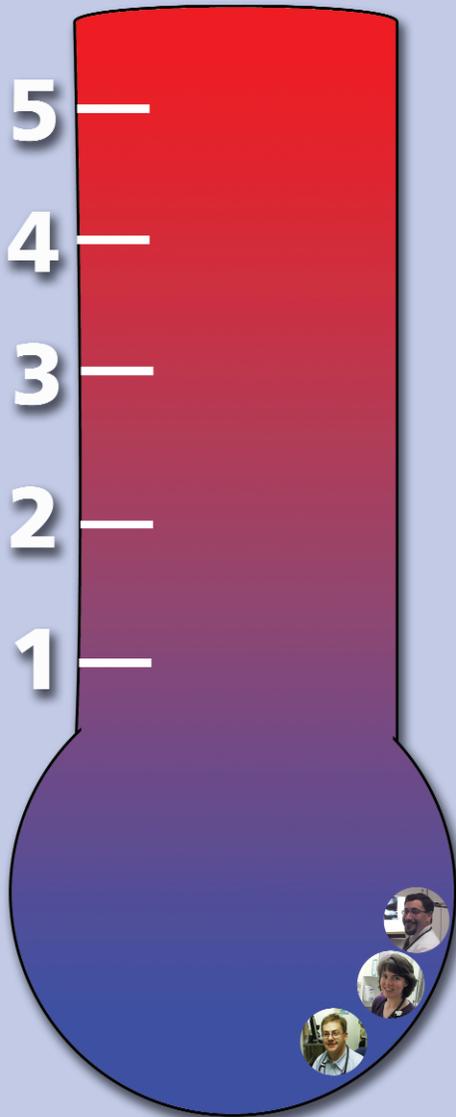


Self Management Quality



How hot are you?



- QR-5 I will walk on a treadmill at home on M-W-F at 6 a.m. for 30 minutes. LOS Score=8/10**
- QR-4 Go to YMCA and do water aerobics for 1 hour from 5-6 p.m. everyday.**
- QR-3 Ride bike 3 times per week around neighborhood.**
- QR-2 Check blood sugars 2 times per day.**
- QR-1 Quit Smoking.**

Quality Rating Scores ...

1 point-Activity (what they are planning on doing)

1 point-Duration (how much)

1 point-Frequency (when...morning, noon, night MWF etc.)

1 point-Location (where are they going to preform this new activity)

1 point-LOS Score (a patient's self-assessment of how likely they will to be successful, from 1-10)

The ideal goal is patient initiated and patient orientated having taken into account all previous successes and any current barriers, is small and reachable and is very specific. Our hope is that a patient is able to build on a series of small successes that, collectively, lead to big rewards.

