



# Your health and wellbeing... What are your priorities?

Please bring this to your appointment and we will work through your priorities with you.

Your Full Name  Date of Birth

My appointment is on:

If you had an appointment with us last year,  
What positive changes have you made?  
What have you struggled with?  
Do you have any goals you would like to set for the next year?

These are some of the things that other people like to discuss.  
Not all of these will be relevant to you.  
Please **circle** any of the topics which you would like to discuss.

If there are quite a few, please number the circles in order of your priority. **We may not be able to discuss all of your questions during one appointment.**

**Areas that many people often like to ask about...**

|                              |                  |                         |
|------------------------------|------------------|-------------------------|
| Taking medication            | Healthier eating | Eating the right amount |
| Regular physical activity    | Coping at home   | Giving up smoking       |
| Alcohol intake               | Swollen Ankles   | Your mood               |
| Increasing physical activity | Chest Pains      | Breathlessness          |

Are there any other aspects of your care or treatment would you like to discuss?

At your appointment we will talk about setting some goals. Thank you!

