



## Cardiac rehabilitation goals

Welcome! Our goal is to provide you with exercise and education to improve your heart health. Please check which of the following goals you would like to work toward during your rehab program. Check 1-3 in each category.

Name: \_\_\_\_\_

### Exercise Goals:

<input type="checkbox"/>	Complete all exercise sessions
<input type="checkbox"/>	Buy/utilize home workout equipment
<input type="checkbox"/>	Decrease sitting time by one hour per day
<input type="checkbox"/>	Do my own house work/shopping again
<input type="checkbox"/>	Get ready to go back to work
<input type="checkbox"/>	Increase my energy to (name activity of interest) _____
<input type="checkbox"/>	Increase strength to do (name job, task, home chores, etc.) _____
<input type="checkbox"/>	Join a local gym or senior center
<input type="checkbox"/>	Keep up with _____ (family, grandchildren, friends)
<input type="checkbox"/>	Play _____ again (fill in with sport/activity)
<input type="checkbox"/>	Walk at least 7000 steps every day

### Nutrition Goals:

<input type="checkbox"/>	Do more cooking
<input type="checkbox"/>	Drink less alcohol
<input type="checkbox"/>	Drink more water
<input type="checkbox"/>	Eat breakfast every day
<input type="checkbox"/>	Eat more fruits and vegetables
<input type="checkbox"/>	Eat more fish/seafood
<input type="checkbox"/>	Eat less sugar
<input type="checkbox"/>	Eat less red meat
<input type="checkbox"/>	Eat less salt
<input type="checkbox"/>	Learn to be a vegetarian
<input type="checkbox"/>	Learn to read food labels
<input type="checkbox"/>	Lose weight
<input type="checkbox"/>	Make healthy choices at restaurants
<input type="checkbox"/>	Make healthy substitutes in recipes
<input type="checkbox"/>	Regain lost weight

### Psychosocial Goals:

<input type="checkbox"/>	Be happy and enjoy life
<input type="checkbox"/>	Feel less anxious
<input type="checkbox"/>	Feel less depressed
<input type="checkbox"/>	Attend and enjoy upcoming family event _____
<input type="checkbox"/>	Find new friends or hobbies
<input type="checkbox"/>	Handle anger/frustration better
<input type="checkbox"/>	Get back to previous social activity _____
<input type="checkbox"/>	Improve relationship with _____
<input type="checkbox"/>	Join a support group
<input type="checkbox"/>	Learn relaxation techniques
<input type="checkbox"/>	Return to sexual activity
<input type="checkbox"/>	Reduce dependence on family
<input type="checkbox"/>	Recognize/manage stress better

### Risk Factor Goals:

<input type="checkbox"/>	Stop smoking
<input type="checkbox"/>	Avoid places with second hand smoke
<input type="checkbox"/>	Identify my own cardiac risk factors
<input type="checkbox"/>	Improve my blood pressure
<input type="checkbox"/>	Improve my blood sugar levels
<input type="checkbox"/>	Improve my cholesterol numbers
<input type="checkbox"/>	Learn to test my blood sugar at home
<input type="checkbox"/>	Learn to check my blood pressure at home
<input type="checkbox"/>	Sleep better
<input type="checkbox"/>	Take my medications as prescribed



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