



MY WELLNESS GOALS

Follow these ten “Wellness Goals” to live a longer, more active life on dialysis. Post this sheet in a handy place where you will see it every day. Use the “30-day Wellness Behavior Log” to help track your goals.

- Come to every dialysis treatment.
- Stay for the entire dialysis treatment.
- Avoid drinking too much fluid.
- Avoid eating too much salt.
- Take all medications exactly as prescribed.
- Get regular physical activity.
- Watch over and manage stress.
- Stay close to others because social support helps.
- Watch for, and seek help with, depression.
- If you smoke: Smoke less or consider quitting.



30-DAY WELLNESS BEHAVIOR LOG

INSTRUCTIONS: Place an “x” in each box that represents your behavior each week and leave the other boxes blank to give you an overview of your wellness behavior.

| | ATTENDED ALL MY DIALYSIS TREATMENTS | STAYED FOR ENTIRE TIME DURING DIALYSIS | LIMITED MY FLUID INTAKE | WATCHED OVER MY SALT INTAKE | TOOK ALL MY MEDICATIONS AS PRESCRIBED | PARTICIPATED IN PHYSICAL ACTIVITY | WATCHED OVER MYSELF FOR STRESS | STAYED CLOSE TO OTHERS (SOCIAL SUPPORT) | WATCHED OVER MYSELF FOR DEPRESSION |
|--------|-------------------------------------|--|-------------------------|-----------------------------|---------------------------------------|-----------------------------------|--------------------------------|---|------------------------------------|
| WEEK 1 | | | | | | | | | |
| WEEK 2 | | | | | | | | | |
| WEEK 3 | | | | | | | | | |
| WEEK 4 | | | | | | | | | |