

My Goals

Are there things you can't do now that you'd like to be able to do when your pulmonary rehab program is finished? Check off the statements below that may apply to you. Keep these goals in mind when you hit rough spots.

I want to:

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|--|---|
| ☐ Breathe better | ☐ Return to my hobbies and leisure activities |
| ☐ Exercise | ☐ Be healthier and more active so I can enjoy my retirement |
| ☐ Understand my lung disease and what I can do to feel better | ☐ Quit smoking |
| ☐ Have energy to enjoy my children and grandchildren | ☐ Feel less anxious about my condition |
| ☐ Rely less on others | ☐ Travel and enjoy myself |
| ☐ Be stronger | ☐ Make fewer visits to the hospital or emergency room |
| ☐ Do everyday activities such as climbing stairs with less shortness of breath | |
| ☐ Other: _____ | |
| ☐ Other: _____ | |
| ☐ Other: _____ | |