

# My Rehab Journey



From **Hospital** to **Outpatients** to **Community**



**Plan** your recovery.

**Set goals** regularly through your recovery.

**Keep notes** about your medical appointments.

**List community programs** that could help you.

**Track** your successes and concerns.

This booklet belongs to: \_\_\_\_\_

# Things that are important to me

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My work and my hobbies

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My home

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My family and care partner

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# My Rehabilitation Goals

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Make your goals specific, achievable, and measurable (how you know when you reach your goal). Your therapist can help with this.

## First Goal

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Target date for reaching my goal: \_\_\_\_\_  *Check when completed*

Steps to reaching this goal:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Second Goal

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Target date for reaching my goal: \_\_\_\_\_  *Check when completed*

Steps to reaching this goal:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Third Goal

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Target date for reaching my goal: \_\_\_\_\_  *Check when completed*

Steps to reaching this goal:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## My daily efforts

| MONTH _____ |        |         |           |          |        |          |
|-------------|--------|---------|-----------|----------|--------|----------|
| Sunday      | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|             |        |         |           |          |        |          |
|             |        |         |           |          |        |          |
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[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.

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To order: [patienteduc.fraserhealth.ca](mailto:patienteduc.fraserhealth.ca)

