

Personal Self-management Plan

Client Name: _____

Clinician: _____ Date Prepared: _____

Lifestyle/Treatment Categories	Priority	Readiness	Importance	Confidence	Knowledge	Date	Comments

- Enter all lifestyle and treatment categories relevant to your consultation with the client and collaboratively prioritize (number) these with the client.
- Enter RICK levels and date for a lifestyle or treatment category only when you and the client start working on it (not all at once).
- Record RICK levels using ticks or descriptions based on your observation or from asking the client.
- Clinicians who add to the initial plan should enter their name/initials in the comments column for the relevant category.