

Self Manager "To Do" Checklist



Checklist	Initials Here
<p>I will re-read one handout.</p> <p>Which flyer? _____</p>	
<p>I will discuss one handout with a member of my family.</p> <p>Who was that? _____</p>	
<p>I will write down one question for my medical provider.</p> <p>What is that question? _____</p>	
<p>I will do something fun.</p> <p>What did you do? _____</p>	
<p>I will eat a meal with "good protein."</p> <p>What did you eat? _____</p>	