



# Arthritis Goal Tracker

Use the Goal Tracker to write down your treatment goals. Keep the Goal Tracker handy, such as on your fridge door or a bulletin board so you can be reminded of your goals and can track your progress more easily.

Date	Treatment Goal	Reason	Shared with Healthcare professional?	Updates
<i>(Example) January 29</i>	<i>Improve joint pain to be more physically active</i>	<i>New plan to lose weight</i>	<i>Discussed with physiotherapist</i>	<i>Do knee strengthening exercises twice a day</i>
<i>(Example) April 8</i>	<i>Review current medications with rheumatologist to determine if any changes required</i>	<i>More frequent flares</i>	<i>Make appointment with Rheumatologist, review Chronic Pain Management program</i>	<i>Made appointment, completed Arthritis Society module on Chronic Pain management</i>

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