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.

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