

Technology Goal Setting Worksheet

CLINICIAN SUPPORT



Qs 1 & 2: Take note of the technology that the patient uses and whether they want any additional information. Identify what they like or want in an activity tracker. This will help you navigate using the [EXCEL spreadsheet](#) with devices.

Q3 (CONFIDENCE):

For those with **high comfort level**, encourage them to **show you how they use** their technology. Then share one additional piece of information that they could use to stay motivated or address one of their barriers listed below.

For those with **low comfort level**, **show them one small aspect** so they can get started. For example, have them open the Health App on their phone or try to log online with [mapmyrun.com](#).

Q4 (READINESS):

For those who **are high on the readiness scale**, talk with them about the next steps: 1) selecting a device, 2) keep components to track, 3) how often to track, 4) setting goals.

For those who are **lower on the readiness scale**, speak with them about the barriers to being ready. Have them fill out the challenges below and start to develop a plan for addressing.

Q5 (BARRIERS):

Help them match strategies and start to develop a plan for addressing the barriers and making specific behavior change.

Q7 (STRATEGIES):

Assess the strategies & encourage the patient to make appropriate modifications.

Q8 (GOALS):

Add these to your documentation under the “patient/caregiver goals”. When you formulate goals for the patient, you can then link to these ideas.

Q9 (ACTIVITY TRACKERS):

Assess this plan & encourage the next steps!

Q10 (PLAN/TIMELINE):

While you may choose to see the patient at a 6-month interval, they can always send their data through the Portal, which will be a part of their medical record. This will then be easy to look up when they are with you next & compare for future goal setting.