My bone health plan

My treatment, activity, and nutrition goals

Goals:

What are your short-term goals?

What are your long-term goals?

Nutrition goals:

Count your calcium (eg, dairy, green veggies, nuts). Shoot for 1200mg per day. Vitamin D is vital too (eg, fatty fish, calcium-fortified orange juice, supplements). Aim for 800-1000 IU daily. Use this space for shopping lists, recipes to try, and healthy reminders.

Activity goals:

What moves will you make to help keep your bones strong?

Treatment tracker:

My next appointment:

Questions to ask my doctor at appointment:

My doctor's number:

Motivation:

Why does achieving your goals matter to you?

Start Date: _____ **Due Date:** _____

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Example bone health plan

My treatment, activity, and nutrition goals

Goals:

What are your short-term goals?

To be able to say I worked to improve my bone health at the end of each day.

What are your long-term goals?

To focus more on my bone health and end this year with an improved T-score.

Nutrition goals:

Count your calcium (eg, dairy, green veggies, nuts). Shoot for 1200mg per day. Vitamin D is vital too (eg, fatty fish, calcium-fortified orange juice, supplements). Aim for 800-1000 IU daily. Use this space for shopping lists, recipes to try, and healthy reminders.

- [x] Hit the dairy aisle
- [ ] Add a kale salad at dinner
- [ ] Find fish recipes and ask my doctor about supplements
- [ ]
- [ ]
- [ ]
- [ ]

Activity goals:

What moves will you make to help keep your bones strong?

- [x] Sign up for yoga
- [ ] Take short hikes
- [ ] Take longer walks with Gizmo
- [ ] Work on my balance

Treatment tracker:

My next appointment: 9/29 at 3pm

Questions to ask my doctor at appointment:

When should I get my next DXA scan?

Should I start taking vitamin D supplements?

My doctor's number: 555-555-5555

Motivation:

Why does achieving your goals matter to you?

I don't want a broken bone to interrupt my life. My family counts on me.

Start Date: Today **Due Date:** 6 months

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