



# Goal-Setting Worksheet

When it comes to your overall health, what would you be satisfied with? What would you like to change? Once you understand where you are, you can set goals for where you want to be.

## ANNUALIZED BLEED RATE (ABR) ASSESSMENT

Your ABR is the number of bleeds you experience over the course of a year. If you don't have a year's worth of bleeds tracked, simply take the number of bleeds you had in the last month and multiply by 12 to calculate an estimate.

CURRENT	YOUR GOAL
Your estimated ABR	What you want your ABR to be*
$\frac{\text{Number of bleeds last month}}{\text{Number of bleeds last month}} \times 12 = \frac{\text{estimated ABR}}{\text{estimated ABR}}$	

\*Work with your healthcare provider to determine your individual goals and treatment plan.

## GENERAL HEALTH ASSESSMENT

Living an active and fulfilled life with a bleeding disorder takes more than treatment. Developing healthy habits and sticking with them is key.<sup>1</sup> An exercise routine can help maintain a healthy weight and strengthen the muscles around your joints.<sup>2</sup>

	CURRENT	YOUR GOAL
<b>Weight</b>	_____ lbs.	_____ lbs.
<b>Exercise</b>	_____ times per week	_____ times per week
<b>Hemophilia Treatment Center Visits</b>	_____ times per year	_____ times per year

Before beginning any new activity, be sure to consult with your healthcare provider or HTC about appropriate physical activities for people with bleeding disorders. Some low-risk activities include swimming, golf, hiking, and yoga.

**References:** 1. Exploring options. Steps for Living website. <https://stepsforliving.hemophilia.org/next-step/planning-for-the-future/exploring-options#healthy>. Accessed September 4, 2019. 2: Goto M, Takedani H, Yokota K, Haga N. Strategies to encourage physical activity in patients with hemophilia to improve quality of life. *Journal of Blood Medicine*. 2016;7:85-98.