

# LONG PERSONAL HEALTH PLAN TEMPLATE

The template on the following page can be printed off and completed with patients, or you can use it as a guide for creating a Personal Health Plan (PHP) of your own. It may serve as a template to be used in the Electronic Medical Record (EMR) as well.

The template is based on the “Key Principles of Personal Health Planning” (Figure 1). Keep in mind that PHPs can vary greatly in length. They may contain multiple suggestions or only focus on one, depending on your time and the patient’s engagement. *You do not need to fill in the entire template.*



Figure 1. The Key Principles of Personal Health Planning

## LONG PERSONAL HEALTH PLAN (PHP)

**Personal Health Plan for:** \_\_\_\_\_

**Date:** \_\_\_\_\_

### MISSION, ASPIRATION, PURPOSE (MAP)

What really matters to me:

### MY LONG-TERM GOALS

My long-term goals are:

### STRENGTHS AND CHALLENGES

What I already do well:

What I need to work on:

## **MY PLAN FOR SKILL BUILDING AND SUPPORT**

(Based on the Circle of Health)

### **Mindful Awareness:**

### **Areas of Self-Care:**

(You don't necessarily need something for every category.)

- Moving the Body
  
- Surroundings
  
- Personal Development
  
- Food and Drink
  
- Recharge
  
- Family, Friends, and Co-Workers
  
- Spirit and Soul
  
- Power of the Mind



**NEXT STEPS (FOLLOW UP)**

The next steps for advancing my Personal Health Plan include:

**NOTES**

**Please Note:** This plan is for my personal use and does not comprise my complete medical or pharmacological data, nor does it replace my medical record.