

My Self-management Goal for a Healthy Pregnancy

Taking small steps can make a big difference in having a healthy pregnancy. Start by choosing one of the following goals. Work together with your health care provider to create a plan to reach that goal.

- Be physically active by moving more and sitting less.
- Eat a healthy diet that is high in fiber and calcium.
- Check my blood pressure regularly.
- Spend time with people who support me.
- Check my blood sugar as needed.
- Find out what vaccinations I need and get them.
- Know the warning signs of complications during and after pregnancy.
- Cut out alcohol, tobacco, cannabis and other drugs while pregnant.
- Other: _____

Remember, small steps lead to success.

What steps can you take to help achieve your goal? _____

Follow-up plan: _____

If you have any questions or are having trouble reaching your goal, speak to your provider about other self-care strategies.

我的健康孕期自我管理目標

採取一些小措施有助於保持孕期健康。首先選定一個目標。
與您的健康照護提供者共同制定達成目標的計畫。

- 少坐多動，積極鍛煉身體。
- 飲食健康，多吃高纖維和高鈣食物。
- 定期檢查血壓。
- 與支持我的人在一起。
- 根據需要檢查血糖。
- 瞭解所需疫苗接種情況並接種。
- 瞭解孕期和產後併發症的危險信號。
- 懷孕期間不飲酒、不吸煙、不使用大麻和其他藥物。
- 其他： _____

記住，小小的措施也能取得成功。

您可以採取哪些步驟來幫助實現您的目標？ _____

跟進計畫： _____

如果您有任何問題或難以達成目標，請與您的健康
照護提供者溝通，瞭解其他的自我護理策略。

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