

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标

采取一些小措施有助于保持孕期健康。首先选定一个目标。与您的医疗保健提供者共同制定达成目标的计划。

- 少坐多动，积极锻炼身体。
- 饮食健康，多摄入纤维素和钙。
- 定期检查血压。
- 与支持自己的人相处。
- 根据需要检查血糖。
- 了解所需疫苗接种情况并接种。
- 了解孕期和产后并发症的危险信号。
- 怀孕期间不饮酒、不吸烟、不使用大麻和其他药物。
- 其他： _____

记住，小小的措施也能取得成功。

您可以采取哪些步骤来帮助实现目标呢？ _____

跟进计划： _____

如果您有任何问题或难以达成目标，请与您的医疗保健提供者沟通，了解其他的自我护理策略。

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