

**MODULE 8  
ADVANCE PLANNING AND SELF-MANAGEMENT**

**My Self-Management Profile**

	YES	NO
I understand my lung disease		
I assess my symptoms daily		
I take my medications regularly, as prescribed		
I have an <b>Action Plan</b> for flare-ups		
I notify my healthcare provider when I notice my health changing		
I am up to date on my vaccinations – influenza, pneumonia		
I mostly make nutritious food choices		
I feel well rested most of the time		
I feel mostly happy		
I am able to pursue my hobbies		
I have Advance Directives in place		
Number of times I exercise per week: _____		
<b>I smoke</b>		
I have thought about quitting		
I have tried to quit before		
I have tried using medication to help me quit		
I have tried to quit by joining a quit program		
I am ready to try again		