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| **Goal #1** |  |
| **Plan to** **Achieve Goal** |  |
| **Potential Barriers** |  |



**My Adherence Goals**

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| **Goal #2** |  |
| **Plan to** **Achieve Goal** |  |
| **Potential Barriers** |  |

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| **Goal #3** |  |
| **Plan to Achieve Goal** |  |
| **Potential Barriers** |  |

**PTID:\_\_\_\_\_\_\_\_\_\_\_\_\_ Visit Code:\_\_\_\_\_\_ Staff Initial & Date: \_\_\_\_\_\_\_\_\_\_**