Self Management Goal Sheet for Prenatal Patients

cavity-free AT THREE™

My Self Management Goal Sheet

Patient Name

Patient Name

Date

Date

Check the box of the goal or goals you want to work on now. We suggest 1-2 goals.

- ☐ Get regular dental care Get regular dental care
- ☐ Brush twice a day with fluoridated toothpaste Brush twice a day with fluoridated toothpaste
- ☐ Floss once a day AM or PM? Floss once a day AM or PM?
- ☐ Drink tap water with and in between meals Drink tap water with and in between meals
- ☐ Use a fluoridated, non-alcoholic mouth rinse Use a fluoridated, non-alcoholic mouth rinse
- ☐ Be tobacco and alcohol-free Be tobacco and alcohol-free
- ☐ Choose snacks low in sugar like nuts, dairy, fruits, and vegetables Choose snacks low in sugar like nuts, dairy, fruits, and vege
- ☐ Other goal for a health mouth

When will I do this?

When will I do this?

How often will I do this?

How often will I do this?

My confidence level that I can complete this goal

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9
- ☐ 10

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