

# MY PLAN FOR FIGHTING

## IDIOPATHIC PULMONARY FIBROSIS (IPF)

Your doctor needs to hear from you about who and what are important to you—the things that bring you joy in life. Are you looking forward to a family event? Do you belong to a club that meets regularly? Sharing this information allows your doctor to develop an individualized plan to help you manage your IPF.

**Track these personal goals** so you can monitor your progress with your doctor and focus on what is most important to you. Following an individualized plan does not mean you will achieve your personal goals. It's important that you discuss your goals with your doctor at each appointment.

1

**Share what personally motivates you to fight IPF with your doctor**

2

**Fill out this work sheet wherever you feel most comfortable and review with your doctor**

3

**Keep this work sheet as a reminder of your personal goals**

4

**Bring this work sheet to your next appointment and share how you are doing**



### GET STARTED NOW

Answer questions on the reverse side of this sheet to identify your personal goals

# MY PERSONAL GOALS

**What matters to me?** (eg, family, friends, hobbies): \_\_\_\_\_

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**What are my realistic personal goals?** (realistic events that I identify with my doctor; eg, family event, weekly club): \_\_\_\_\_

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**What is my IPF management plan?** (eg, regular blood tests, tracking dosage, pulmonary rehabilitation, support groups): \_\_\_\_\_

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**What should I do before my next visit?** (eg, keep track of my personal goals, record changes in symptoms): \_\_\_\_\_

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**What should I share with my doctor?** (eg, progress toward my goals, changes in symptoms): \_\_\_\_\_

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Patient initials: \_\_\_\_\_ Doctor initials: \_\_\_\_\_ Date: \_\_\_\_\_

## Additional notes about my goals

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