



Action Plan for My Chronic Kidney Disease

Having chronic kidney disease (CKD) means your kidneys don't work as well as they should. However, you can live well by taking steps to slow down kidney damage. Early action can improve your well-being, prevent or delay dialysis or transplant, and reduce the risk of complications.

Make a plan to manage your CKD. It's usually best to set one achievable goal at a time. Pick a goal that's important to you and try to stick with it. Success gives you confidence and energy to make the next change. Here's how to create your action plan.

1 Decide on your first goal.

You can choose one of these recommendations or create your own.



Monitor blood sugar



Keep a blood pressure record



Take medications as prescribed



Increase activity level



Eat more fruits and vegetables



Quit smoking



Eat less salt



Create your own!

The goal I want to start with is:

This is important to me because:

2 Create your action plan.

What actions will you take to reach your goal? Make sure your steps are:

- **Realistic.** Choose actions you know you'll be able to do. Every small step toward your goal counts. There's nothing like success to keep you motivated!
- **Specific.** Write what you plan to do, how often you'll do it, and for how long.



My plan

What you'll do and when you'll do it.

Example: I'll walk 20 minutes every day at work before lunch.



Steps to success

Actions to help you stay on track to your goal.

Examples:

- Keep walking shoes and socks at my desk
- Write walking time in as an appointment on my calendar
- Find a walking partner

③ Check your confidence.

On a scale of 0 to 10, how confident are you that this plan will help you meet your goal?



0 = Not at all confident

10 = Very confident

Why did you choose that number?

If your number is lower than 10, what can you change to feel more confident about your plan?

④ Plan for overcoming challenges.

Think about what could get in the way of success and what you can do to stay on track.

Challenges I may encounter

Example: *It may be raining outside during the time I plan to walk.*

How I'll overcome them

Example: *I'll go to the gym down the street and use the treadmill.*

⑤ Reward yourself.

Find simple, meaningful ways to reward yourself when you meet your goal. This can be spending time with people you care about, shopping, going to a movie, reading a book, or getting a massage. What would you enjoy?

When I reach my goal, I will:

⑥ Choose your next goal.

When you feel successful with your first goal, you can create a new action plan for your next goal. It's important to keep taking action to protect your kidneys.



To learn more about living well with chronic kidney disease, visit kpdoc.org/LivingWithCKD.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.

© 2022, The Permanente Medical Group, Inc. All rights reserved. Health Engagement Consulting Services.
011061-703 (Revised 12/22) RL 4.1