



# My Kidney Disease Action Plan

Kidney disease means your kidneys aren't working properly. But, with early action and a clear plan, you can feel better, avoid health issues, and delay dialysis or transplant.

This action plan breaks big goals into small, easy steps. Talk with your doctor about your kidney health, choose a goal that matters to you, and take it one step at a time. Every small step you take is a step in the right direction, and your success gives you the confidence and energy to make the next change!

## My current lab results


Today's Date: \_\_\_\_\_ Next Visit Date: \_\_\_\_\_


eGFR (blood test to measure kidney function): \_\_\_\_\_


uACR (urine test to measure protein): \_\_\_\_\_

Other (blood Pressure, A1C, etc.): \_\_\_\_\_


## 1. Decide on your first goal (choose one):


  Be more active


  Monitor / improve blood sugar


  Drink more water

  Eat healthier

  Reach a healthier weight

 Create your own goal:

  Quit smoking

  Improve blood pressure

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 2. Create your action plan

Make your goal easy and personal. Answer the questions below to create a clear plan.

a. What (be specific, like walking or reducing salt (sodium) intake):

\_\_\_\_\_

b. How much (include time, distance, or amount, like 20 minutes, 3 blocks, or once a week):

\_\_\_\_\_

c. When (time of day or specific days, like during lunch breaks or Mondays and Tuesdays):

\_\_\_\_\_

d. How often (how many days a week? Example: aiming for three days is better than every day, missing one won't feel like failure):

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### 3. Check your confidence

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

Please circle your answer. 0 = not at all 10 = very confident



If your number is below 7, what changes can you make to your goals to help you succeed and feel more confident?

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### 4. Reward yourself

Celebrate your progress with meaningful rewards, like spending time with loved ones, enjoying a hobby, watching a movie, or cooking a special meal.

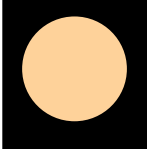
When I reach my goal, I will:

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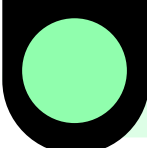
### Warning signs and other things you can do



**Swelling, hard time breathing, chest pain - these could be signs of a serious problem. Go to the emergency room or call 911.**



**Loss of appetite or unusual tiredness- Call your doctor.  
You might need to change your care or get checked**



**Keep taking your medicine, follow your kidney-friendly diet, watch for any changes in your health, and don't miss your doctors' visits.**

The National Kidney Foundation of Michigan is here to help! We offer programs and services to support healthy living goals and specific resources to help guide you through your kidney health journey.

[www.nkfm.org](http://www.nkfm.org) | 800-482-1455

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