Appendices: Supplementary online material

Bridges target setting and reflection pages from existing self-management tools for patients ©Bridges Self-Management 2018

	Step	Step 3 /	4 Step	5		
Step	2	towards you can ti stepping st	ake progress your target, ck the Bridges ones to record u are doing.	Step	6 / Your	
			o record the date		Target	
Date started	: / /	or your e	ionevenent.	Date achi	ieved: / /	
Date started Target: Step 1:	: / /		Step 4:	Date achi	eved: / /	
Target:	: / /			Date achi	eved: / /	

Your achievement How it worked worked	Your achievement	How it was done	What worke