

Your Personalized MG Treatment Goals Action Plan

Setting myasthenia gravis (MG) treatment goals is important for tracking your progress, assessing symptoms and getting back to the everyday things you love. But a goal without a plan is hard to achieve!

Use this document to create a **personalized action plan** to help you achieve your goal. First, use the tips below to set your goal. Then, answer the reflective questions on the next page to help you pick small steps to work towards it. You can fill this out on your computer or mobile device or print a hard copy to write on—whatever works for you! Consider using it to talk to your doctor about your goal and action plan.



Need help picking a goal?

1. **Ensure your goal is S.M.A.R.T.**
 - S.** SPECIFIC—it's clear
 - M.** MEASURABLE—it's trackable
 - A.** ACHIEVABLE—it's realistic for you
 - R.** RELEVANT—it makes sense
 - T.** TIME-BOUND—it has a deadline

2. **Think about something you love doing—or want to do—but your MG symptoms keep getting in the way.**

3. **For inspiration on setting your goal, check out [Go for Greater with MG](#).**



Set your goal

Ex: “I want to coach my son’s baseball team on its weekly schedule, despite my ocular MG symptoms sometimes making it challenging.”

Reminder: Does your goal match the S.M.A.R.T. framework? Double-check!

Reflect

#1: Where will you do this?

Ex: “The baseball field where my son’s team practices.”

#2: When will you do this?

Ex: “Every Sunday afternoon, following the practice schedule.”

#3: Who do you need support from?

Ex: “I’ll talk about this goal with my healthcare team.” ✨ TIP: Use the [doctor discussion guide!](#)

#4: What challenges might you face and how will you handle them?

Ex: “If my ocular symptoms act up, then I’ll bring sunglasses to wear.”¹

If _____ , then _____ .

If _____ , then _____ .

If _____ , then _____ .

#5: How can you incorporate symptom tracking into your action plan?

Ex: “I’ll use the MG-ADL scale on a weekly basis and jot down my scores in a journal.”

✨ TIP: Watch [this video](#) to learn more about the MG-ADL scale!

#6: If you were able to reduce your MG-ADL score to zero or one (minimal symptom expression),

how would this affect your daily activities related to your goal? Ex: “If my double vision wasn’t so strong, I wouldn’t have to set aside as much time to rest my eyes before practices. Maybe my son and I could even do some practices on our own.” ✨ TIP: Learn more about MSE in [this article!](#)

#7: What can you do to try to reach MSE?

Ex: “I’ll talk to my doctor about my action plan at every visit and partner with them to help reach my goals.”



Pick your steps

Review your answers from the previous page as you start mapping out your steps. Think about small, specific tasks that may gradually help you get to your larger goal. Feel free to break them into things you can do now (today, tomorrow) versus later (next week, next month).

Steps I can take now

Ex: “Get eight hours of sleep before practice days; track my MG-ADL score every Sunday; prep healthy meals for before and after practices”

Steps I can take later

Ex: “Discuss my MG-ADL score with my healthcare team; assess if I’m ready to stretch my goal; buy a new pair of sunglasses to better support me when my double vision acts up”¹



Remember to consult your healthcare team about whether your goal and action plan are feasible for your unique situation.

Reference

1. International Organisation for Standardization. ISO 12312-1: Eye and face protection—sunglasses and related eyewear—Part 1: sunglasses for general use. Geneva. 2013.