



My Diabetes Goals—What Are They?

You are the most important person in managing your diabetes. Talk with your doctor to help you choose one or more goals you are ready to work on now.

Goal 1



Meal Plan and Weight Management

- I will eat 3 meals daily. I will include healthy snacks in my daily meal plan.
- I will eat meals 4 – 5 hours apart.
- I will eat more _____ and less _____.
- I will try to lose _____ pounds by my next visit.

Goal 2



Exercise

- I will exercise for _____ minutes _____ days per week, if my doctor tells me it is safe.*
- My doctor says the best activities for me are _____.
- If I notice chest pain, shortness of breath, or chest tightness, I will get emergency help.

Goal 3



Foot Care

- I will wash and check my feet daily.
- I will talk to my doctor about sores or redness.
- I will have my doctor check my feet at every visit.

Goal 4



Medicines

- I will take my diabetes medicine(s) as directed.
- I will call my doctor if I have problems.
- I will ask questions when I do not understand.

Goal 5



Blood Sugar Monitoring

- I will check my blood sugar _____.
- I will call my doctor if the level is below _____ or above _____.

*Some medical conditions may make exercise dangerous for some people. Before starting any exercise program, talk to your doctor.



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Goal 6



A1C (test of blood sugar control over time)

- I will know my A1C goal.
- I will take steps to improve my A1C level to _____.
- I will have my A1C measured twice a year or more if I am not at my A1C goal.

Goal 7



Heart Health

- I will ask my doctor about taking aspirin for my heart.

Goal 8



Eye Health

- I will have a dilated eye exam every year or as my doctor recommends.

Goal 9



Smoking Cessation

- I will talk to my doctor about ways to quit smoking.

Goal 10



Social Support

- I will talk to family and friends about how diabetes makes me feel.
- I will join a diabetes support group.
- I will let my doctor know if I feel sad or blue.