



About My Type 2 Diabetes Care Record

The American Diabetes Association (ADA) recommends these items for good diabetes care. Work with your doctor to use this chart to track your progress.

Test/Service (How Often)		ADA Target	/ /	/ /	/ /
Every Visit	Blood Pressure	< 130/80 mmHg			
	Weight/Body Mass Index	<i>varies</i>			
	Review Blood Sugar Logs	—			
	Review Medicines	—			
	Foot Exam (visual check)	—			
	Smoking: Plan to Quit	—			
Twice a Year	A1C (up to four times a year)	< 7%			
	Dental Exam	—			
Once a Year	Test for microalbuminuria*				
	Test serum creatinine to estimate GFR†				
	Total Cholesterol	< 200 mg/dL			
	LDL ("bad cholesterol")	< 100 mg/dL			
	HDL ("good cholesterol")	Males > 40 mg/dL Females > 50 mg/dL			
	Triglycerides	< 150 mg/dL			
	Dilated Eye Exam	—			
	Comprehensive Foot Exam	—			
	Flu Vaccine	—			

*Microalbuminuria = small amounts of protein in urine.

†GFR = glomerular filtration rate (how well your kidneys filter waste).