



Name _____

Date _____

My Diabetes Self-Care Goal Sheet

These targets are based on American Diabetes Association Clinical Guidelines

1. I plan to be kind and encouraging to myself daily.
2. My glucose targets are:
 - Before meals 80 -130
 - 2 hours after a meal less than 180
 - A1c less than 7%
3. I plan to check my blood sugars:
4. My blood pressure target is less than 140/90 or less than 130/80 or
5. My mental health and activity goals include:
6. My healthy eating goals include:

I will try to eat ___ servings of fruit and veggies a day.

7. Other things I need to follow-up on:

- Meet with Diabetes Educator (CDCES) and Registered Dietitian (RD/RDN)
- See the eye doctor
- See the dentist
- Brush teeth twice daily and floss
- See a foot doctor
- Daily foot care
- Get vaccinated for:
- Other
- My next appointment/class