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 130/80

5. My mental health and activity goals include:

6. My healthy eating goals include:

7. Medication changes include:

8. **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