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:				
	My healthy eating goals incl Medication changes include				
8.	$\square$ See the eye doctor.	Educator (CDCES) and Registered Dietitian (RD/RDN)  ush teeth twice daily and floss			