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**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%

1. I plan to check my blood sugars:
2. My blood pressure target is less than 130/80
3. My mental health and activity goals include:
4. My healthy eating goals include:
5. Medication changes include:
6. **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:
* My next appointment/class:
* Other: