



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% Time in Range 70% of time (70-180)
3. I plan to check my blood sugars or A1C:
4. My blood pressure target is less than 130/80
5. My LDL Cholesterol goal is less than 70 mg/dL (or 55 if had a heart attack or stroke)
6. My mental health and activity goals include:
7. My healthy eating goals include:
8. Medication changes include:
9. **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