



My Diabetes Goals— What Are They?

You are the most important person in managing your diabetes. Talk with your healthcare provider to help you choose one or more goals you are ready to work on now.

Goal 1



Meal Plan and Weight Management

- I will follow my diabetes meal plan, as directed by my provider.
- I will try to reach and/or stay at my goal body weight of _____.

Goal 2



Exercise

- I will exercise for ____ minutes ____ days per week, as directed by my provider.
- My provider and I agree that the best activities for me are _____

- If I notice chest pain, shortness of breath, or chest tightness, I will get emergency help.

Goal 3



Foot Care

- I will wash and check my feet every day.
- I will talk to my provider about sores or redness.
- I will have my provider check my feet at every visit.

Goal 4



Medicine

- I will take my diabetes medicine(s) as directed by my provider.
- I will call my provider if I have problems.
- I will ask questions when I do not understand something.

Goal 5



Blood Sugar Monitoring

- I will check my blood sugar _____.
- I will call my provider if the level is below _____ or above _____.

Use this checklist to set goals that you are ready to reach.



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Goal 6



A1C (test of blood sugar control over time)

- I will know my A1C goal.
- I will take steps to improve my A1C level to _____.
- I will have my A1C measured twice a year or more if I am not at my A1C goal.

Goal 7



Heart Health

- I will ask my provider about taking aspirin for my heart.

Goal 8



Eye Health

- I will have a dilated eye exam every year or as my provider recommends.

Goal 9



Smoking

- I will think of all the reasons I should quit smoking.
- I will ask my provider about how I can quit smoking and then take the steps to quit.
- If I start smoking again, I will try to quit again.

Goal 10



Help From Others

- I will talk with my family and friends about how having diabetes makes me feel.
- I will consider joining a diabetes support group.
- I will let my provider know if I feel moody, blue, or stressed.

Work with your healthcare provider to help manage your diabetes.