

# If You Have Diabetes, Know and Control Your ABCS: A1C, Blood Pressure and LDL "bad" Cholesterol

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## My A1C

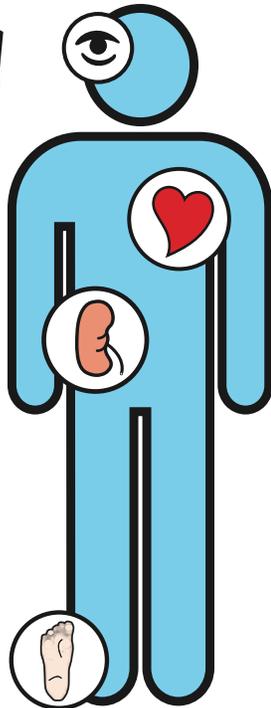
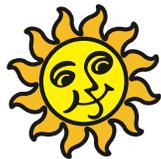
## My Blood Pressure

## My LDL "bad" Cholesterol



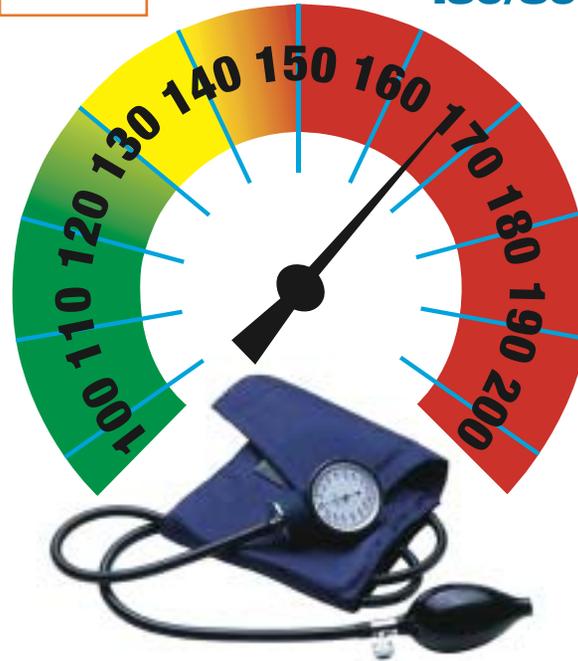
My A1C

Goal  
less  
than 7%



My BP

Goal  
less than  
130/80



My LDL

Goal  
less than  
100 mg/dL



My Plan:

My Plan:

My Plan: