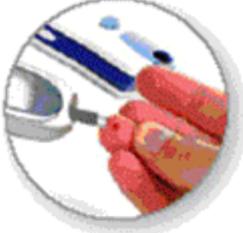


SET YOUR GOALS

Fighting diabetes often means making some lifestyle changes. The best way to do that is to make one change at a time. You should work with your diabetes care team to determine what goals are right for you. The best way to fight diabetes is to set goals and stick to them. Setting goals will help to get your blood sugar less than 7 to avoid future complications.

The goals you can choose from are:

- | | | | | |
|---|--|---|---|---|
| 
<input type="checkbox"/> Eat ___ serving of fruit and vegetables | 
<input type="checkbox"/> Walk ___ minutes a day | 
<input type="checkbox"/> Take my medicine on time | 
<input type="checkbox"/> Test my blood sugar ___ times | 
<input type="checkbox"/> Lose ___ pounds |
| 
<input type="checkbox"/> Have an annual eye exam | 
<input type="checkbox"/> Check my feet daily | 
<input type="checkbox"/> Stop smoking | 
<input type="checkbox"/> Other goal ___ | 
<input type="checkbox"/> Stop or limit my alcohol |

Choose one goal at a time.

What will I do? _____
When will I do it? _____
Where would I do it? _____
How often will I do it? _____
What might get in the way of my plan? _____
What could I do to make sure my plan works? _____

Goal review

How important is this goal to you? (rate 1–10) **Circle one**

1	2	3	4	5	6	7	8	9	10
Not at all	A little		Somewhat		Very		Totally		

How sure are you that you will reach this goal? (rate 1–10) **Circle one**

1	2	3	4	5	6	7	8	9	10
Not at all	A little		Somewhat		Very		Totally		

Patient Signature: _____ Clinician Signature: _____ Date _____
Agreed upon by the patient and clinician

Print out this **Diabetes Self Care Goal Sheet** and take it with you on your next doctor's visit.