

What are your diabetes

GOALS?

Step 1: Choose one goal from each section.

Step 2: Rank your top 3 goals

Step 3: Bring this to your healthcare team to start taking action!

Check or fill in the bubbles that you want to achieve...



Diabetes Management	Activity	Daily life
☐ Lower A1C	☐ Learn how exercise affects my glucose	☐ Understand how periods and menopause affect glucose
☐ Decrease lows	☐ Go on a walk without getting low	☐ Sleep with less interruptions
☐ Decrease highs	☐ Know how to keep my glucose in range while i'm sitting for a long time	☐ Feel confident eating my favorite foods
☐ Lessen dramatic glucose* swings (variability)	☐ Avoid lows and highs in hot temperatures	☐ Know how different foods affect my glucose
☐ Reduce risk of long-term complications	☐ Find ways to lower glucose with activity	☐ Understand how different emotions affect glucose (stress, etc.)
☐ Prick fingers less	☐ Travel without diabetes management stress	☐ Avoid "low hangovers"
☐ Understand what medications can help me	☐ Spend more time with family	☐ Prioritize my mental health
☐ Understand what spikes my glucose levels	☐ Other: _____	☐ Other: _____
☐ Feel better about my glucose levels, no matter where they are		
☐ Other: _____		

WHAT'S NEXT?

Once you've chosen the goals you'd like to achieve, choose the three most important goals to you right now. Then, bring those goals up with your healthcare team—don't be afraid to ask for help and resources to achieve them!

#1: _____

#2: _____

#3: _____

*glucose = blood sugar

