MY DIABETES SELF-MANAGEMENT GOALS

Self-Management Goals	Choose a goal(s) that is realistic and obtainable. Use the extra space to personalize your goal(s).	Follow-up Date/Comment
Goal 1: Be Active		
Goal 2: Healthy Eating		
Goal 3: Taking Medicine		
Goal 4: Monitoring		
Goal 5: Problem Solving		
Goal 6: Reducing Risk	I will decrease my risk of complications through these preventive care goals: □ Lower or maintain my A1C at □ Get a dilated eye exam □ Have a fasting lipid panel □ Check my kidney function □ Stop tobacco use □ See my provider every 3 to 6 months □ Have my blood pressure checked each visit □ Get a flu shot each year and pneumonia shot □ Check my own feet daily List additional goal:	
Goal 7: Healthy Coping		