

Control Diabetes: My Action Plan to Control My Blood Sugar

I will ask my doctor

- What is my A1c goal? _____
- What is my blood sugar goal before meals (testing at home)? _____
- What is my blood sugar goal at bedtime (testing at home)? _____

I will work on the following three goals over the next two weeks to control my blood sugar.

1. _____
2. _____
3. _____

Note: Pick things that you really want to do. For example, I will eat vegetables in my daily meals.

Here are 3 people who can help me do these things (e.g., friend, co-worker, doctor).

1. _____
2. _____
3. _____

My main reasons to keep my blood sugar in a good range.

1. _____
2. _____
3. _____



I will review this plan in two weeks. First review date: _____

At this time I will see what is working and what is not. I will change what is not working. I will reward myself for what I have been able to do. My reward will be _____.

I will keep working on my goals for 10 more weeks. It takes about three months to make any behavior change a habit.

I know that my goals will change over time. I will write out a new plan at least every three months. I will place my action plan where I will see it often. ***I can do this!***

Signature: _____

Date: _____



All Material on this handout is for information only. This does not replace your doctor's advice

Contract adapted from the National Diabetes Clearinghouse Website