

Diabetes Self-Management Tool

Your Blood Sugar Diary

Current Diabetic Medication _____

Blood Sugar Goal: _____

	Date	Before Breakfast	Before Lunch	Before Dinner	Before Bedtime	Comments Diet changes, stress, symptoms	Dose Changes
Sun.							
Mon.							
Tue.							
Wed.							
Thur.							
Fri.							
Sat.							

	Date	Before Breakfast	Before Lunch	Before Dinner	Before Bedtime	Comments Diet changes, stress, symptoms	Dose Changes
Sun.							
Mon.							
Tue.							
Wed.							
Thur.							
Fri.							
Sat.							

Strive to reach these target goals!

	Goals	Recommended Testing
HbA1c	below 7%	2 - 4 times a year
Blood pressure	below 130/80	Every visit to the doctor
Dilated eye exam		Yearly
Mircoalbuminuria	less than 30ug alb/mg	Yearly
Cholesterol	below 200	Yearly
HDL (good cholesterol)	above 45	Yearly
LDL (bad cholesterol)	below 100	Yearly
Triglycerides	below 150	Yearly
Quit smoking		

Call your doctor NOW or seek immediate medical care if:

- you feel extremely sleepy and confused.
- your blood sugar stays below a safe range
- your blood sugar stays above a safe range.

My doctor wants to be called if my blood sugar is:

Low Range _____ High Range _____