

My diabetes self-management goal



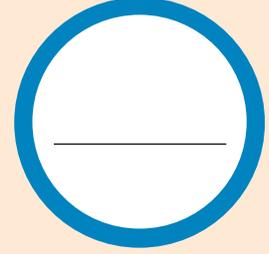
Eat a Healthy Diet



Be Physically Active



Take My Medicine



Other



Monitor My Blood Sugar and Blood Pressure



Cope with Stress



Limit Alcohol



Stop Smoking

One way I want to improve my health is (e.g., be more active):

My goal for this week is (e.g., walk 4 times):

When I will do it (e.g., mornings before breakfast): _____

Where I will do it (e.g., at the park): _____

How often I will do it (e.g., Monday thru Thursday): _____

What might get in the way of my plan (e.g., I have to take the children to school one day):

What I can do about it (e.g., I'll choose days when I don't take them to school):

How confident am I that I can reach this goal: *circle one*

0	1	2	3	4	5	6	7	8	9	10
Not at all		A little			Somewhat confident			Very sure		Totally confident

Follow-up plan (how and when): _____