

If You Have Diabetes, Know and Control Your ABCS: A1C, Blood Pressure and LDL "bad" Cholesterol

Name: _____

Date: _____

My A1C

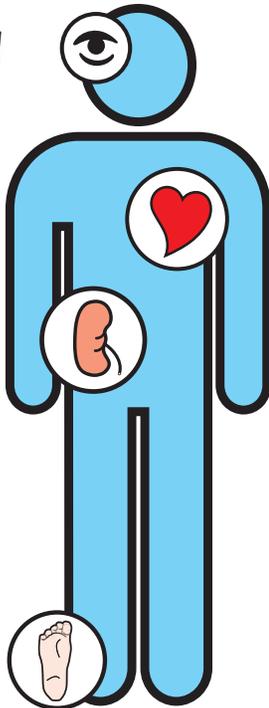
My Blood Pressure

My LDL "bad" Cholesterol



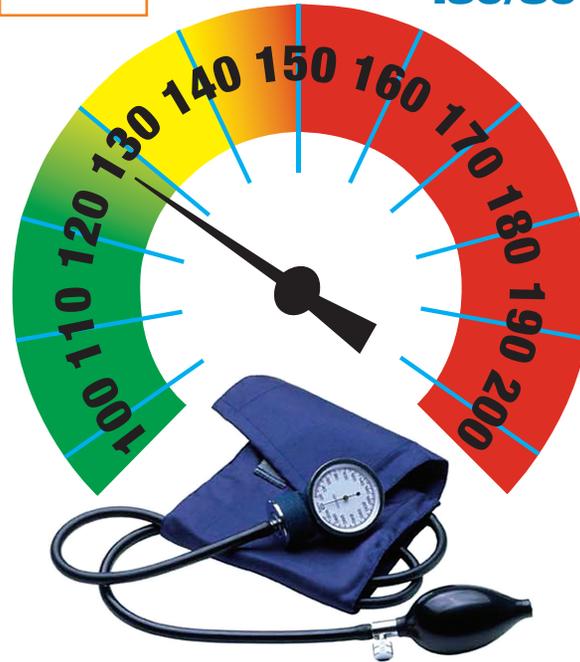
My A1C

Goal
less
than 7%



My BP

Goal
less than
130/80



My LDL

Goal
less than
100 mg/dL



My Plan:

My Plan:

My Plan: