

Name: \_\_\_\_\_

Medical Provider's Name: \_\_\_\_\_

Medical Provider's Phone: \_\_\_\_\_

Health Coach's Name: \_\_\_\_\_

Health Coach's Phone: \_\_\_\_\_

## Things to do everyday for my diabetes:

1. Check my blood sugar (fill in chart below with your doctor)
2. Check my feet everyday for sores or redness
3. Wear shoes and socks that fit well
4. Take all of my medicine as prescribed, even when I feel well.
5. Follow my meal plan
6. Get some exercise
7. Talk to my Medical Provider if I am having problems or have questions about my diabetes



## Testing my blood sugar

I plan to test my blood sugar \_\_\_\_\_ times per day.

- |   |  |
|---|--|
| <input type="checkbox"/> Before breakfast | <input type="checkbox"/> _____ hours after breakfast |
| <input type="checkbox"/> Before lunch     | <input type="checkbox"/> _____ hours after lunch     |
| <input type="checkbox"/> Before dinner    | <input type="checkbox"/> _____ hours after dinner    |
| <input type="checkbox"/> Before bedtime   |  |

## Plan

What: (will you eat; what exercise, etc.)

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How much: (i.e. vegetables, minutes walked)

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When: (which meal, time of day to walk...)

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How Often: (3 times per week...)

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**My target blood sugars are:**

Before meals:

After meals:

Bedtime:

## Signs of High blood sugar:

- Feeling thirsty
- Going to the bathroom a lot
- Feeling hungry
- Blurry vision
- Feeling tired
- Feeling nauseated
- Feeling weak
- Rapid, shallow breathing
- Warm, dry or flushed skin
- Fruity breath odor

**What Should I do? Ask your doctor for instructions.**

Check blood sugar and if over\_\_\_\_, call your doctor for instructions. \_\_\_\_\_

## Signs of Low blood sugar:

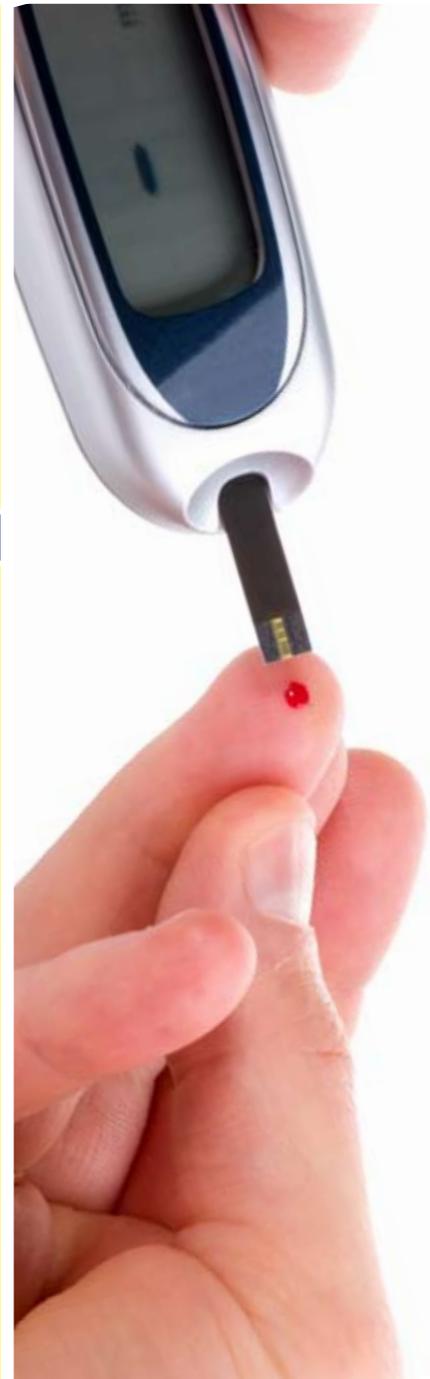
- Feeling shaky or weak
- Feeling tired
- Feeling Dizzy
- Headache
- Impulse to vomit
- Sweating
- Blurry vision
- Feeling confused
- Seizure
- Passing out

**What Should I do? Ask your doctor for instructions.**

Check blood sugar. If blood sugar is below 70, eat or drink something with 15 grams of carbohydrate (see list below). Check your blood sugar again in 15 minutes and if it is still below 70, eat or drink another snack with 15 grams of carbohydrate.

Good choices for treating low blood sugar. Choose one and make sure to always have that snack with you.

- Drink ½ cup of orange juice
- Chew and swallow 5-6 Lifesavers candy
- Chew and swallow 3 glucose tablets (find these at a pharmacy)
- Drink ½ cup of regular soda (Coke, Sprite, Pepsi)



## Talk to my Doctor Today if:

- |  |   |
|--|---|
| <input type="checkbox"/> My blood sugar is over _____                        | <input type="checkbox"/> I have new speech problems                   |
| <input type="checkbox"/> My blood sugar is less than _____                   | <input type="checkbox"/> I have new sores or redness on my feet       |
| <input type="checkbox"/> I have chest pain or tightness                      | <input type="checkbox"/> I feel dizzy or confused                     |
| <input type="checkbox"/> I feel weak or have tingling on one side of my body | <input type="checkbox"/> I feel thirstier than usual                  |
| <input type="checkbox"/> I have new vision problems                          | <input type="checkbox"/> I need to go to the bathroom more than usual |