

## DIABETES SELF MANAGEMENT GOALS

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

*You are the most important person to manage your diabetes. Small change can lead to big results.*

**SMART GOALS: Specific, Measurable, Accountable, Realistic, Timebound**

GOAL	ACTION STEPS	SIGN.	RESULTS				
	<b>DATE:</b>						
<b>ACTIVITY</b>	1.						
	2.						
	3.						
<b>FOOD</b>	1.						
	2.						
	3.						
<b>FOOD LOG</b>	1.						
	2.						
	3.						
<b>BLOOD SUGAR MONITORING</b>	1.						
	2.						
	3.						
<b>MEDICATION</b>	1.						
	2.						
	3.						
<b>WEIGHT</b>	1.						
	2.						
	3.						
<b>OTHER</b>	1.						
	2.						
	3.						

Progress Scale: 1.No progress 2. Started working on goal 3. Making good progress 4. Met or exceeded goal

*The Achievement of your goal is assured the moment you commit yourself.*

## CHANGE PLAN WORKSHEET

**The changes I want to make (or continue making) are:**

**The reasons why I want to make these changes are:**

**The steps I plan to take in changing are:**

**The ways other people can help me are:**

**I know that my plan is working if:**

**Some things that could interfere with my plan are:**

**What I will do if the plan isn't working:**