

Choose healthy foods and maintain a healthy weight: Losing just 7 percent of your body weight if you're overweight can make a significant difference in your blood sugar control. A healthy diet is one with plenty of fruits, vegetables, whole grains and legumes, with a limited amount of saturated fat

Make physical activity part of your daily routine: **Regular exercise** can help those who have diabetes maintain better blood sugar control.

Thirty minutes of moderate exercise, like brisk walking, on most days of the week is recommended.

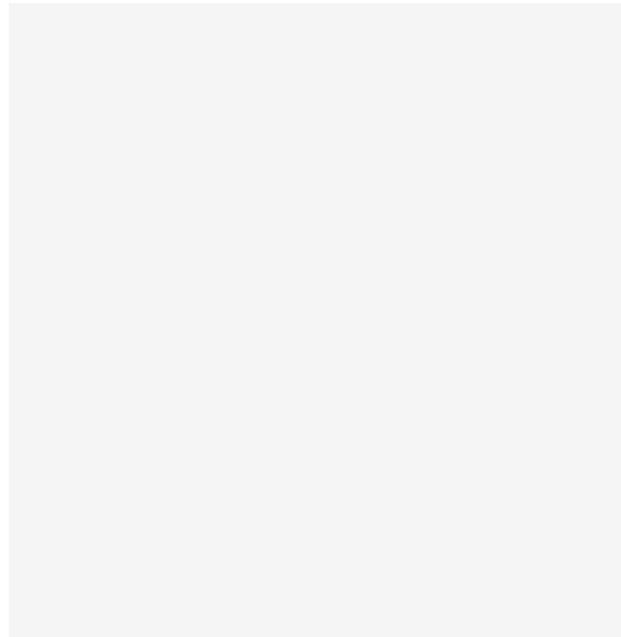
Mix it Up: A combination of exercises — aerobic exercises, such as walking or dancing on most days, combined with resistance training, such as weightlifting or yoga twice a week — often helps control blood sugar more effectively than does either type of exercise alone.

Set goals that are realistic or as directed. By the time I see my

Doctor next, I will:

- Exercise for at least 30 minutes once a week
- Monitor and record my blood glucose daily
- Take my medications daily
- Quit smoking
- Learn relaxation techniques
- Get plenty of sleep
- Learn more about the diabetes resources in my community
- Join a diabetes support group
- Write down any questions or concerns

Contact my healthcare team at:



Taking Control of My Diabetes

Keeping Track of What I Need To Know

My Diabetes Report Card

What I Need to Track:	What is Safe?	Date: __/__/__		Date: __/__/__	
		Safe Zone	Unsafe Zone	Safe Zone	Unsafe Zone
How much do I weigh?	Stable or reduce as needed				
What is my blood pressure?	Usually less than 130/80				
Do I smoke?	To not smoke				
Labs Do I know my A1c? (sugar level for 3 months)	Usually less than 7%				
Medications Am I on a cholesterol medicine or a statin to protect my heart?	To be on a statin				
How often do I miss taking my medications?	To take your medicines as directed always				
Important Yearly Activities	Next Steps:	I am current ✓	I need to schedule ✓	Notes	
Eye Check (to prevent blindness)	Call to make an appointment				
Foot Check (to check for numbness or sores)					
Dental Exam every 6 months (to prevent serious infection or tooth loss)					
Urine Kidney Screen (to check for kidney damage)	Ask at next doctor's visit				
Flu Shot (in season)	Often available at doctor's office or pharmacy				
Special Vaccine	Recommended:				
Pneumonia Shot (to prevent a special kind of pneumonia)	Usually once before age 65, and once after 65				