

My Diabetes Care Record

Record your targets and the date, time, and results of your tests. Take this card with you on your health care visits. Show it to your health care team to remind them of tests you need.

A1C – At least twice each year Goal for many: below 7 My Target: _____

Date					
Result					

Blood Pressure (BP) – Each visit Goal for most: below 130/80 My Target: _____

Date					
Result					

Cholesterol (LDL) – Once each year Usual goal: below 100 My Target: _____

Date					
Result					

Cholesterol (HDL) – Once each year Usual goal: above 40 My Target: _____

Date					
Result					

Triglycerides – Once each year Usual goal: below 150 My Target: _____

Date					
Result					

Weight – Each visit My Target: _____

Date					
Result					

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	Date	Result
Each visit		
Foot check		
Review self-care plan		
Weight check		
Once a year		
Dental exam		
Dilated eye exam		
Complete foot exam		
Flu shot		
Kidney check		
At least once		
Pneumonia shot		
Hepatitis B shot		

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