

Diabetes Goal Tracker

You can control your diabetes! Talk to your health care team.

MY HEALTH NUMBERS	My current level	My goal level
Blood sugar before meals		
Blood sugar 2 hours after eating a meal		
A1C		
Blood pressure		
Cholesterol		

MY APPOINTMENTS	My last appointment	My next appointment
Eye exam		
Dental exam		
Foot exam		

MY IMMUNIZATIONS	Date I had this vaccination	I still need this vaccination
Flu shot		
Pneumonia		
Hepatitis B		
Shingles		
Chicken pox		

MY OTHER HEALTH GOALS	
Healthy eating	
Physical activity	
Heart health	
Foot care	