

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						Usual goal: below 7		My Target: _____	
Date									
Result									
Blood Pressure (BP) — Each visit						Usual goal: 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		

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