

Bring this card to each visit with your doctor or diabetes educator. Discuss these issues during your visit and use the chart below to record your results so that you can take charge of your diabetes.

Test/Service (Frequency)	Target My Goal	Date	Date	Date	Date	Date	Date	Date	Date	Date
A1C (every 3-6 months)	< 7 %									
Review Blood Sugar Records (every visit)										
Blood Pressure (every visit)	< 130/80 mmHg									
Weight (every visit)										
Foot Exam (every visit)										
Lipid Profile (yearly*) LDL	< 100 mg/dl									
HDL	Men: > 40 mg/dl Women: >50 mg/dl									
Triglycerides	< 150 mg/dl									
Total Cholesterol	< 200 mg/dl									
Microalbuminuria (yearly)										
Dilated Eye Exam (yearly)										
Dental Exam (2x/year)										
Flu Shot (yearly)										
Pneumonia Vaccine (generally once)										
Self-Management Education (initial/ongoing)										

Key to symbols: < less than > greater than

*** Every 2 years if values fall in lower risk levels.**

Revised June 2007