

Figure 6.1. Handout for Diabetes Goal Setting

Handout for Diabetes Goal Setting Form

 Diabetes Goals

Checking Blood Sugar Levels

My health care provider recommends that I check my blood sugar levels _____ times per day, at these times:

_____ When I get up in the morning

_____ Before breakfast

_____ Before lunch

_____ Before dinner

_____ Before snacks

_____ Before exercise

_____ Other: _____

Physical Activity

I plan to exercise ____ times per week.

Days (circle): M Tu W Th F Sa Su

Time(s) of day: _____

Type of activity: _____

Duration: _____ minutes

Location: _____

I can help myself meet my goal by: _____

Eating Patterns

Two achievable, specific changes I will make to improve my eating patterns and food choices over the next 2 to 4 weeks include:

1. _____

I can help myself meet this goal by: _____

2. _____

I can help myself meet this goal by: _____

Other Specific Goal for Managing Diabetes

1. Goal: _____

When, Where, How Often? _____

2. Goal: _____

When, Where, How Often? _____

Figure 6.2. Handout for Diabetes Self-Monitoring

Handout for Diabetes Self-Monitoring Form

Diabetes Self-Monitoring Form

Date _____

Eating (Carbohydrates):

<u>Food</u>	<u>Time</u>	<u>Carb count</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Medication:

<u>Type</u>	<u>Amount</u>	<u>Time</u>
_____	_____	_____

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Physical Activity:

<u>Type</u>	<u>Duration</u>
_____	_____
_____	_____
_____	_____

Blood Sugar Readings:

<u>Blood Sugar</u>	<u>Time</u>
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Stress Level Today: (0 to 10 scale; 0 = none, 10 = severe):

Rating: _____

Relevant Factors: _____

Figure 6.3. Resources for Patients with Diabetes: Websites, Mobile Applications, and Books

Resource Type	Location	Description
Websites	American Diabetes Association www.diabetes.org	This website provides information about symptoms, diagnosis, and management of diabetes. It has sections on strategies for living with diabetes, understanding complications and treatment options, and tips for food, fitness, and weight loss. It also contains links to additional resources.
	National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), “Diabetes A-Z” http://diabetes.niddk.nih.gov	Contains information on a wide range of diabetes-related topics, informed by research and reviewed by physicians. Topic areas include (but are not limited to): symptoms, diagnostic tests, types and causes of diabetes, medications and other treatments, special populations, complications, and strategies for managing diabetes.
Mobile Applications	Diabetes Pal v2.2.1 by Telcare, Inc. https://play.google.com/store/apps/details?id=com.telcare.android.client	The Diabetes Pal app allows tracking and analyzing of a number of key diabetes management behaviors and factors, including blood glucose, medication, blood pressure, nutrition, weight, and physical activity, among others. Users can create and track goals, view charts, graphs, and print reports.
	Glucose Buddy v.3.7.0 by Azumio, Inc. https://itunes.apple.com/us/app/glucose-buddy-diabetes-logbook/id294754639?mt=8	The Glucose Buddy app provides a way to log blood glucose levels, medication use, eating behaviors, and exercise. Users can view charts that include blood sugar, medication, and food levels, customize the “desired” blood glucose target range, and see estimates of A1C test results based on logged blood sugar levels.

Books	The Official Pocket Guide to Diabetic Exchanges: Choose Your Foods American Diabetes Association. (2011). Alexandria, VA: Author	
	The Diabetes Carbohydrate and Fat Gram Guide (4th ed.) Holzmeister, L. (2010). American Diabetes Association. Alexandria, VA	
	The Essential Diabetes Book: How to Prevent, Control, and Live Well with Diabetes (2nd ed.) Mayo Clinic (2014). Rochester, MN: Mayo Foundation for Medical Education and Research.	