

MISSION #3



STICK TO THE PLAN, CHECK IN WITH YOUR DOCTOR

People will have different A1C targets depending on their diabetes history and their general health. To stick to your individualized diabetes management plan and to reach the goals that you set with your doctor, it is important to work blood glucose self-monitoring into your schedule. Your plan may also include lifestyle changes, such as diet and exercise, and medicine (if prescribed by your doctor).

Here are some tools to help you keep track of your A1C and self-monitored blood glucose numbers.

Know and Track Your A1C

After each doctor's appointment, use this chart to keep track of your A1C and A1C goal.

	Appointment 1		Appointment 2		Appointment 3		Appointment 4	
	Goal	Actual	Goal	Actual	Goal	Actual	Goal	Actual
Date of Test								
A1C								



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- Many people need to adjust their diabetes management plans over time to help them reach their A1C goal. Sometimes changes in medicine may be needed. If your doctor decides it is time to change your medicine, it may not mean that you haven't tried hard enough.
- A strong support system may help you succeed in reaching your goals, so be sure to let your friends and loved ones know how to help you. This could be something as simple as having someone send you a daily text message to help remind you to check and record your blood glucose. You can also share the signs and symptoms of low blood glucose.
- The chart on the next page will help you track your self-monitored blood glucose. Bring it to your next doctor's appointment.



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Daily Tracker

Goal									
Date	Before Breakfast	2 Hours After Breakfast	Before Lunch	2 Hours After Lunch	Before Dinner	2 Hours After Dinner	Before Bed	Exercise	Notes

