

# My Diabetic Record

Every visit to your provider record the date and your results

	Date/Result	Date/Result	Date/Result	Date/Result	Date/Result
Blood Sugar					
Height					
Weight					
Blood Pressure					
Foot Exam					

At least twice a year record date and results

Exam	Date/Result	Date/Result	Date/Result	Date/Result	Date/Result
Monofilament Foot Exam					
HbA1c (3-month blood sugar)					

Once a year

Prevention	Date	Date	Date	Date	Date
Eye Exam					
Dental Exam					
Flu Shot					
Podiatry Consult					
Check blood sugar monitor with clinic lab					
Micro albumin (urine test)					

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## Other Labs record date and result

	Date/Result	Date/Result	Date/Result	Date/Result	Date/Result
Triglycerides					
Cholesterol					
HDL Bad cholesterol					
LDL Good cholesterol					
Liver Function Test					
Thyroid Function Test					
24-hr Urine Test					

## Other - Record date

	Date	Date	Date	Date	Date
Tetanus shot					
Pneumovax					
TB skin test					

## Prevention - Record date

	Date	Date	Date	Date	Date
Well woman					
Mammogram					
Well male					
PSA (for men)					
Colonoscopy					

# My Diabetic Record

Goal	Start Date	Check if added to Goal Tracker
Class topics:	Date	Material provided
What is Diabetes?		
Ready for Change		
My Action Plans		
High Blood Sugar, Low Blood Sugars		
Complications		
Sick Days		
Nutrition		
Coping with Diabetes		
Stress		
Exercise		
Medicine		

