

98
150
85
118
132

Renewing my commitment (Maintenance)

Can you imagine yourself
keeping your diabetes under
good control?

How will you make sure you
maintain good control? _____

Check any that apply and/or add
your own.

- I will continue to use the
results to make changes.
- I will bring the results to visits
with my healthcare team.
- I will check my blood sugar
more often.
- _____

**Keep up the
good work.
Keep choosing
health.**



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Checking your blood sugar

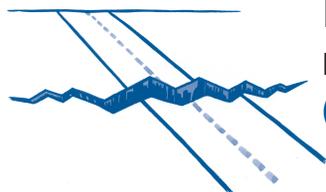
Stage of change **Action and Maintenance**



This pamphlet is for you
if you have been checking
your blood sugar regularly
for at least one month
(action), or for more than
six months (maintenance).

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20

How am I doing with my goal?
(Action)



Looking at relapses
(Action/Maintenance)



Whom do I need for support?
(Action/Maintenance)

Let's review how you did last week.

What is your goal?

Draw an "x" through the days of the week that you measured your blood sugar.

Mon	Tue	Wed	Thu	Fri	Sat	Sun

How did you use the results?

- I made changes in my exercise.
- I changed the way I eat.
- I asked the doctor to consider changes in my medicines.
- I adjusted my insulin.
- I brought the results to my last doctor visit.

Was there a day when you did not check your blood sugar? What gets in the way of achieving your goal?

It is helpful to look at this as a learning experience. Here are some questions to ask yourself.

How did I do?

How had my routine changed?

What made it difficult for me?

What can I do differently next time?

To keep on track, you need people who can support you. Who can help you?

How can that person help you?

A good way to stay motivated is to become a role model for someone else. Do you know anyone who needs encouragement to check their blood sugar?

What could you do to help them get started?