

My diabetes self-management goal



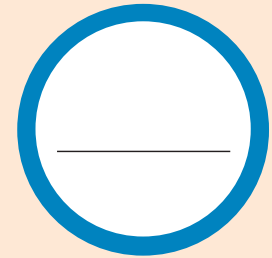
Eat a Healthy Diet



Be Physically Active



Take My Medicine



Other



Monitor My Blood Sugar and Blood Pressure



Cope with Stress



Limit Alcohol



Stop Smoking

One way I want to improve my health is (e.g., be more active):

My goal for this week is (e.g., walk 4 times):

When I will do it (e.g., mornings before breakfast):

Where I will do it (e.g., at the park):

How often I will do it (e.g., Monday thru Thursday):

What might get in the way of my plan (e.g., I have to take the children to school one day):

What I can do about it (e.g., I'll choose days when I don't take them to school):

How ready am I to make this change:

- Ready to start
- Thinking about it
- Not ready

How confident am I that I can reach this goal:

- Totally confident
- Somewhat confident
- Not at all

Follow-up plan (how and when):