

A Checklist for You

Here are self-care steps recommended by the ADA*. These are some of the things you should do for yourself that will help you achieve success with diabetes, especially when done along with the Checklist For Your Doctor Visit. Make a promise to yourself to do the following.

I WILL...

- Make healthy food choices daily**
- Check my blood sugar regularly**
- Take my medicine as prescribes by my doctor**
- Record my test results to help me track my progress**
- Check my feet every day**
- Ask my doctor for a meal and exercise plan**
- Follow my meal and exercise plan**
- Consider attending a diabetes self-management education program**
- Quit smoking**

*American Diabetes Association