

**Diabetes Self-Management Plan**  
Goal Ideas

<b>TOPIC</b>	<b>GOALS (what to aim for)</b>	<b>ACTION PLAN (how you will get there) Specific, measurable, achievable, relevant, timebound=SMART</b>
<b>HEALTHY EATING</b>	<ul style="list-style-type: none"> <li>( ) Follow eating schedule better</li> <li>( ) Eat better foods</li> <li>( ) Overeat less often</li> </ul>	
<b>BEING ACTIVE</b>	<ul style="list-style-type: none"> <li>( ) Exercise more often</li> <li>( ) Exercise longer</li> </ul>	
<b>MONITORING</b>	<ul style="list-style-type: none"> <li>( ) Check blood sugar more often</li> <li>( ) Miss fewer blood sugar checks</li> <li>( ) Focused testing</li> </ul>	
<b>TAKING MEDICATIONS</b>	<ul style="list-style-type: none"> <li>( ) Miss fewer medications</li> <li>( ) Take medications on time more often</li> </ul>	
<b>PROBLEM SOLVING</b>	<ul style="list-style-type: none"> <li>( ) Prevent and treat high blood sugar</li> <li>( ) Prevent and treat low blood sugar</li> <li>( ) Manage diabetes when ill</li> </ul>	
<b>REDUCING RISKS</b>	<ul style="list-style-type: none"> <li>( ) Stop smoking</li> <li>( ) Check feet daily</li> <li>( ) Lose weight _____</li> <li>( ) Get blood pressure under control</li> <li>( ) Get preventative help</li> </ul>	
<b>HEALTHY COPING</b>	<ul style="list-style-type: none"> <li>( ) Cope with diabetes</li> <li>( ) Get support from family/friends</li> <li>( ) Get support from your medical team</li> </ul>	