

Smart Goals for Diabetes

People who pick their own goals with support from their doctors and care team can do better with long term diseases. However, you must decide what changes you are willing and able to make. What is the one thing **you** would like to do during the next two weeks to improve your health?

Some examples of things you can do include.....



What will you do?



Diet



Physical Activity



Medications



Self-monitoring



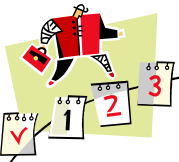
Daily foot check



When will you do it?



Where will you do it?



How will you do it?



Why is it important that I do it?

Checking your progress toward reaching your goal is important for your success. Our plan to follow up with you is: _____

- ★ You may not succeed at first.
- ★ You **can** always start over.
- ★ Every day is a new chance to do something good for yourself.