My Diabetes Management Plan

Name:	Date:		
Diabetes medicines:			
Food recommendations:			
Physical activity recommendations:			
Blood glucose testing schedule:			
Name of meter:			
When to test:			fast
	☐ before lunch	☐ after lunch	
	☐ before dinner		
☐ at bedtime ☐ other			
Recommended blood glucose levels:			
Before meals:	Two hours after n	neals:	At bedtime:
Between 80 - 130 mg/c	dL Less than 160 - 180	Less than 160 - 180 mg/dL	
These levels may vary from person to person. Check with your health care provider or diabetes educator to see if these are safe levels for you.			
I should call my health care provider or diabetes educator if my:			
□ blood glucose is lower than 70 mg/dL two times in 1 day or 2 days in 1 week			
or			
□ blood glucose is greater than			for 2 to 3 days
Important phone numbers:			
Phone:			Appointment Date:
Health care provider:			
Diabetes nurse educator:			
Diabetes nutrition educator:			
Ask your health care provider or diabetes educator about more diabetes educational services.			

