

Please bring this card with you to each appointment you have with your health care provider or diabetes educator. Use the following chart to record your results and talk with your provider about any questions or concerns you might have with your results.

Test or Service	My Target Goal	Date	Date	Date	Date
Target goal					
HbA1c (every 3 to 6 months)					
7 percent or less					
Blood pressure (every visit)					
139/89 mmHg or less					
Cholesterol tests (yearly)					
LDL					
99 mg/dL or less					
HDL					
M: 40 mg/dL or higher F: 50 mg/dL or higher					
Total Cholesterol					
200 mg/dL or less					
Triglycerides					
150 mg/dL or less					
Microalbumin (yearly)					
30 mcg/mL or less					
Weight (yearly)					
Foot exam (yearly; more often if needed)					
Dilated eye exam (yearly)					
Flu shot (yearly)					
Pneumonia vaccine					
Self-management training (initial/ongoing)					