

# My Diabetes Management Plan

<b>Name:</b> _____	<b>Date:</b> _____												
<b>Diabetes medicines:</b>  													
<b>Food recommendations:</b>  													
<b>Physical activity recommendations:</b>  													
<b>Blood glucose testing schedule:</b> Name of meter: _____ When to test: <input type="checkbox"/> before breakfast <input type="checkbox"/> after breakfast <input type="checkbox"/> before lunch <input type="checkbox"/> after lunch <input type="checkbox"/> before dinner <input type="checkbox"/> after dinner <input type="checkbox"/> at bedtime <input type="checkbox"/> other													
<b>Recommended blood glucose levels:</b> <table><tr><td><b>Before meals:</b></td><td><b>Two hours after meals:</b></td><td><b>At bedtime:</b></td></tr><tr><td>Between 80 - 130 mg/dL</td><td>Less than 160 - 180 mg/dL</td><td>100 - 140 mg/dL</td></tr></table> <p>These levels may vary from person to person. Check with your doctor or diabetes educator to see if these are safe levels for you.</p>		<b>Before meals:</b>	<b>Two hours after meals:</b>	<b>At bedtime:</b>	Between 80 - 130 mg/dL	Less than 160 - 180 mg/dL	100 - 140 mg/dL						
<b>Before meals:</b>	<b>Two hours after meals:</b>	<b>At bedtime:</b>											
Between 80 - 130 mg/dL	Less than 160 - 180 mg/dL	100 - 140 mg/dL											
<b>I should call my doctor or diabetes educator if my:</b> <input type="checkbox"/> blood glucose is lower than 70 mg/dL two times in one day or two days in one week <b>or</b> <input type="checkbox"/> blood glucose is greater than _____ for two to three days													
<b>Important phone numbers:</b> <table><tr><td></td><td>Phone</td><td>Appointment Date:</td></tr><tr><td>Doctor: _____</td><td></td><td></td></tr><tr><td>Diabetes nurse educator: _____</td><td></td><td></td></tr><tr><td>Diabetes nutrition educator: _____</td><td></td><td></td></tr></table>			Phone	Appointment Date:	Doctor: _____			Diabetes nurse educator: _____			Diabetes nutrition educator: _____		
	Phone	Appointment Date:											
Doctor: _____													
Diabetes nurse educator: _____													
Diabetes nutrition educator: _____													
<b>Ask your doctor or diabetes educator about more diabetes educational services.</b>													