

My Diabetes Care Record

A1C - At least twice each year					
Usual goal: less than 7					
Date:					
Result:					
BLOOD PRESSURE (BP) - Each visit					
Usual goal: less than 130/80					
Date:					
Result:					
CHOLESTEROL (LDL) - Once each year					
Usual goal: less than 100					
Date:					
Result:					
WEIGHT - Each visit					
My Goal: _____					
Date:					
Result:					

Diabetes Care	Date	Result
Each visit		
Foot check		
Weight check		
Twice each year		
Dental exam		
Once each year		
Dilated eye exam		
Complete foot exam		
Kidney check		
Flu shot		
At least once		
Pneumonia shot		

All our publications are copyright-free. Please duplicate and distribute as many copies of these materials as desired.

Attention visually impaired visitors: To use common screen reading programs with PDF documents, please visit access.adobe.com, which provides a set of free tools that convert PDF documents to simple HTML or ASCII text.

[NDEP Home](#) | [About Diabetes](#) | [Resources for Health, Education, and Business Professionals](#)
[Awareness Campaigns](#) | [Partnerships](#) | [About NDEP](#) | [What's New?](#) | [Contact Us](#) | [Site Map](#)

[DHHS Home](#) | [NIH Home](#) | [NIDDK Home](#) | [CDC Home](#)
[Search NIDDK](#) | [Privacy Statement](#) | [Disclaimers](#)



National Institutes of Health (NIH)
Bethesda, Maryland 20892



National Institute of Diabetes &
Digestive & Kidney Diseases (NIDDK)



Centers for Disease
Control and Prevention