

# My diabetes self-management goal



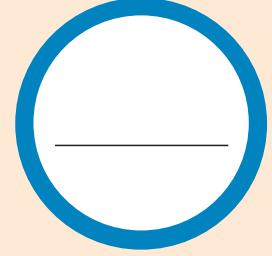
**Eat a Healthy Diet**



**Be Physically Active**



**Take My Medicine**



**Other**



**Monitor My Blood Sugar and Blood Pressure**



**Cope with Stress**



**Limit Alcohol**



**Stop Smoking**

One way I want to improve my health is (e.g., be more active):

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My goal for this week is (e.g., walk 4 times):

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When I will do it (e.g., mornings before breakfast):

Where I will do it (e.g., at the park):

How often I will do it (e.g., Monday thru Thursday):

What might get in the way of my plan (e.g., I have to take the children to school one day):

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What I can do about it (e.g., I'll choose days when I don't take them to school):

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How confident am I that I can reach this goal: *circle one*

0	1	2	3	4	5	6	7	8	9	10
Not at all		A little			Somewhat confident			Very sure		Totally confident

Follow-up plan (how and when):

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