

Personal Diabetes Care Record

It is important to keep track of your labs and other exams.
Record the date and any comments or results.



	Goal	Date	Date	Comments/Results
Labs/Other Tests	A1C < 7% - every 3 – 6 months			
	Fasting Lipid Panel - yearly			
	Cholesterol < 200 mg/dl			
	Triglycerides < 150 mg/dl			
	LDL < 100 mg/dl			
	HDL > 40 mg/dl			
	Albumin/Creatinine ratio <30 mg/g - yearly			
	Serum Creatinine yearly			
	Dilated Eye Exam - yearly			
	Dental Exam – every 6 months			
	Foot Check - visual check every visit; Complete Foot Exam - yearly			
	Diabetes Visit – every 3-6 months			
	Complete Physical Exam - yearly			
	Weight – discuss each visit			
	BP < 140/80 mm Hg – each visit			
Shots	Flu Shot – each fall			
	Pneumonia Shot – check with healthcare provider			
Education	Physical Activity Level – discuss each visit			
	Registered Dietician – at diagnosis, for 3 to 4 visits over 3 – 6 months, then annually			
	Self-Management Education – at diagnosis, every 6 – 12 months			
	Review logs every visit			