

# Managing Diabetes Checklist

Living with diabetes can be a challenge, but it doesn't have to be. With the right strategies and support, managing diabetes can get easier, giving you the opportunity to truly thrive. For a better management strategy, be sure you stay on top of your needs and goals that occur daily, regularly, and yearly.

Use this simple guide to keep track of your diabetes needs to help prevent or better manage complications.

## Daily

**Test your blood glucose (blood sugar) at these times:**

\_\_\_\_\_

**Take your medications as prescribed.**

**My medications:** \_\_\_\_\_

**Get physical activity.**

**My favorite activities:** \_\_\_\_\_

**Eat a balanced diet:**

- Vegetables
- Whole Grains
- Lean Proteins
- Healthy Fats

## Regularly

**Have your blood pressure and cholesterol checked on these dates:**

\_\_\_\_\_

**Keep your doctor visits. Appointment dates:**

\_\_\_\_\_

## Yearly

**Have your feet, eyes, and kidneys checked. Appointment dates:**

\_\_\_\_\_

**Visit your podiatrist, dentist, and optometrist. Appointment dates:**

\_\_\_\_\_

Learn more at  
<https://www.diabetes.org/living-with-diabetes/complications/footcare>

Educational content provided by Dr. Comfort



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