

# TEST

## DIABETIC TEST RESULTS

How Often

Goal

Date

Results

TEST	How Often	Goal	Date				Results
HbA1c	Every 3-6 months	6.5	/	/	/	/	
Blood Pressure $\leq$	Every Visit	130/80	/	/	/	/	
Weight	Every Visit		/	/	/	/	
BMI	Every Visit	25-30	/	/	/	/	
Waist Circumference	Every Visit	Men <40 Women <35	/	/	/	/	
Foot Check	Every Visit		/	/	/	/	
Triglyceride	Every Year	<150	/	/	/	/	
LDL	Every Year	<100	/	/	/	/	
HDL	Every Year	Male >45 Female >55	/	/	/	/	
Microalbuminuria/ Kidneys	Every Year		/	/	/	/	
Eyes	Every Year		/	/	/	/	

# Diabetic Tracker



# Keep track of your health!

Use this card to help you keep track of all your diabetes-related appointments — doctor visits, tests, vaccinations, and so forth. Take a moment to write down your self-monitored blood sugar results, so you can provide the right information to your health care providers when they ask.

Finally, think of any health-related goals you may have, and write them in the space provided to help you stay focused on making healthy choices.

## Contact Information

\_\_\_\_\_  
Name

\_\_\_\_\_  
Doctor

\_\_\_\_\_  
Pharmacy

\_\_\_\_\_  
Emergency Contact

## Flu Shot/Date

\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_

\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_

## Pneumonia Shot/Date

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## Dental Exam/Date (every 6 months)

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## Smoking Cessation Counseling/Dates

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## Health Goals

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