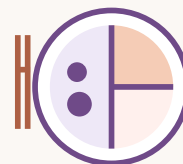


Worksheet

Diabetes plan & glucose log



Make everyday care easier to follow and discuss.

Follow your care-team instructions.

My plan

Medicines and instructions from my team

Whether, how, and when to check glucose

My personal glucose and A1C targets + units

My food or activity goal

My team's written sick-day instructions

When to call and after-hours contact

Supplies or costs I need help with

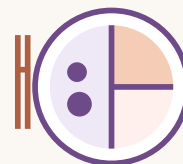
My next appointment

Bring this to your next visit

Worksheet

My reading log

Make everyday care easier to follow and discuss.



Use only if your care team asks you to monitor. Include the units used by your device.

Date	Time	Glucose + units	Meals / activity / symptoms	Notes

Notes

Questions to ask

- ☐ Which first step matters most?
- ☐ Can my medicines cause low glucose?