

Patient Name: \_\_\_\_\_

Greenhouse Internists, PC

Date of Birth: \_\_\_/\_\_\_/\_\_\_

### Diabetes Self-Care and Action Plan

For most people, managing their diabetes means making small, healthy changes over time. How confident are you that you can make the following healthy choices most days of the week:

Self-Care Behaviors:	Not confident	Somewhat confident	Very confident
1. Drink water or zero-calorie beverage			
2. Eat fruit and vegetables (a good goal is a total of 5 per day)			
3. Choose higher fiber foods (like whole grains, beans, nuts) instead of white rice, bread, and pasta			
4. Limit sweets and junk food			
5. Select lean protein (like fish, skinless chicken or turkey, skim or 1% milk) instead of red meat, fried food, and full fat dairy			
6. Choose skim or 1% milk (or low-fat dairy alternative) instead of 2% or whole milk			
7. Cook light (boil, broil, grill) and choose healthier fats like olive oil, avocados, and soft spread butter substitutes			
8. Get moderate activity for at least 30 minutes			
9. Take my medicine as your doctor prescribed			
10. Check my finger sticks at home as your doctor suggested			

### Action Plan

What areas of diabetes management are you ready to work on? Remember, setting small, realistic goals is key to success. List three *specific* goals you can confidently work on over the next 2 weeks. (For example, "I will switch from white bread to whole wheat bread," "I will walk at least 15 minutes, 4 days per week.")

1. -----
2. -----
3. -----

### For Additional Information, visit:

[www.diabetes.org](http://www.diabetes.org)

[www.greenhouseinternists.com](http://www.greenhouseinternists.com) to view videos on diabetes.

### For Diabetes Education (group or individual):

Call 877-533-4222