

INSTRUCTIONS: What you're doing: tick the activities that the patient is doing. What your doctor's doing: tick the HbA1c (glucose) level.

Medical research shows that keeping your blood sugar levels close to normal is key to a healthier future for you, your eyes, your kidneys and your circulatory system.

Name and Surname:

Medical Record Number:

What You're Doing		2 nd Appointment	3 rd Appointment	4 th Appointment	5 th Appointment	6 th Appointment	7 th Appointment
DIET	1. Do you eat 2-3 or more portions of fruit and vegetables each day?						
	2. Do you drink at least 1.5 litres of water a day?						
	3. Do you space out your consumption of carbohydrates (cereal, sugar, pasta, etc.) throughout the day?						
	4. Do you have a healthy balanced diet?						
EXERCISE	5. Do you exercise regularly? (at least 1 hour of exercise 3 times a week or walking for 30 minutes each day)						
BLOOD SUGAR LEVELS	6. Do you check your blood sugar levels as advised by your doctor?						
TAKING MEDICATION	7. Do you take the medication recommended by your doctor?						
LOOKING AFTER YOUR FEET	8. Do you examine your feet periodically?						
EYE EXAMINATION	9. Did you attend your last retinopathy appointment?						
SMOKING	10. Do you smoke?						
What Your Doctor's Doing		2 nd Appointment	3 rd Appointment	4 th Appointment	5 th Appointment	6 th Appointment	7 th Appointment
BLOOD GLUCOSE LEVEL (HbA1c)	12						
	11						
	Very high!						
	10						
	9						
	Better!						
	8						
7							
Good!							
6							