

# My Diabetes Health Plan and Goals

## My Diabetes Story

I have Type 2 Diabetes.  
My diabetes medicine is:

---

---

---

I will call my clinic if I have problems with diabetes medicines.

## Testing My Blood Sugar at Home

**Times to Test:**      **Blood Sugar Goals:**

Fasting and before meals..... 70-130

Two hours after the start of meals..... below 180

Bedtime..... 100-140

## My Healthy Eating

- eat 3 meals per day
- eat smaller portions
- use smaller plates and bowls
- do not skip meals
- limit high-sugar foods
- avoid high-sugar drinks

## My Activity

- continue to be active
- take the stairs when possible
- park farther away in parking lots
- take a 15-minute walk during lunch
- play ball with the kids
- take the dog for a walk

## My Diabetes Education Classes

Health and Nutrition Education  
(608) 287-2770  
UW Diabetes Clinic  
(608) 263-7741

## My Clinic Contact Information

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Provider

\_\_\_\_\_  
Nurse



For more information, please go to [uwhealth.org/diabetes](http://uwhealth.org/diabetes)