

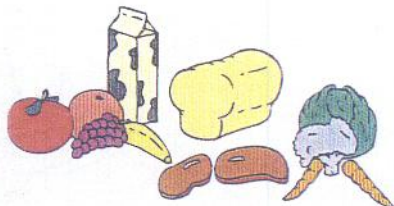
Name _____ Date ____ / ____ / ____ Clinic Phone Number(____) _____

DIABETES GOAL CONTRACT

To achieve good control of your diabetes it is important to have practical goals for yourself. Set one goal now and after you have achieved it, move on to another.



Exercise



Diet



Take all medications properly



Have annual eye exam



Quit smoking



Self monitor blood sugar



Check feet daily



Personal Goal

SELECTED GOAL: _____
ACTION PLAN: _____

BARRIERS/SOLUTIONS: _____