Follow my meal plan.

Be active 30 minutes a day, or more, in ways my doctor OK's.

Take the right dose (amount) of medicine – on time.

Check my blood sugar. Write the results in my diary.

Check my feet for cuts, redness or swelling. Call my doctor right away if I have any problems with my feet.

Brush and floss my teeth after meals.

Don’t smoke.

Keep my doctor appointments! Write next appointment here:

____________________  __________________