



Albany Medical Center



Diabetes Self-Management Goals

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. I will test my blood sugar 2 times a day/week:  
before \_\_\_\_\_ hours after meals and \_\_\_\_\_

2. I will eat less/more \_\_\_\_\_  
and less/more \_\_\_\_\_

3. Worship the Buffalo Bills Daily

4. I will make an appointment with the eye doctor for a dilated eye exam.

5. I will become more active by Walking  
3 times a week for 20 minutes.

6. I will change my medication: \_\_\_\_\_

7. I will stop smoking on \_\_\_\_\_

8. \_\_\_\_\_

Signature: I.M. Sweet

Evaluation (Date: \_\_\_\_\_)

I met goal # \_\_\_: Always Usually Sometimes Never

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# Collaborative Goal Setting

- Specific
- Measurable
- Mutually-defined
- Patient-centered