

Your Diabetes Care Record

Exams / Tests / Discussions each visit	Dates and Results
Weight	
Blood Pressure	
Blood Sugar	
A1C	
Foot Check	
Your Treatment Plan	
Your Home Blood Sugar Results	
High or Low Blood Sugar	
Any Other Medications	
Any Changes in Your Routine	
Exams / Tests / Discussions each visit	Dates and Results
LDL ("Bad") Cholesterol	
HDL ("Good") Cholesterol	
Triglycerides	
Kidney Tests : Blood (Serum Creatinine) Urine Protein (Albumin)	
Dilated Eye Exam	
Complete Foot Exam	
Flu Shot	
Pneumonia Vaccine	