

Key tests	ADA targets	My targets	My results and date	My results and date
A1C	Below 7			
Blood pressure	Below 130/80			
Cholesterol	Below 200			
LDL cholesterol	Below 100			
HDL cholesterol	Above 40			
Triglycerides	Below 150			

Other key components of care	Frequency	Date
Physical exam	At least yearly	
Dilated eye exam		
Complete foot exam		
Microalbumin		
Flu shot		
Review meal plan and activity level	Every visit	
Check weight		
Pneumonia vaccine	One time	

Tips: Ask your diabetes care team about...	Date
Diabetes education	
Taking aspirin	
Stopping smoking	