

# How do I create my step-by-step action plan?

To achieve your goals, you will need a you will need a step-by-step action plan. These are some skills that you will need to learn.

It may help you set more attainable SMART goals and pave your way towards better diabetes control in the future

## Step 1:



List some of your short and long term goals.

## Step 2:



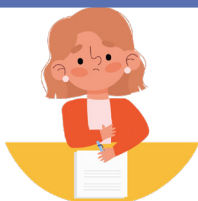
Understand what your BG means.

### Step 3:



Check your BG levels at the right time.

### Step 4:



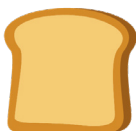
Record your BG readings in a diary.

### Step 5:



Understand how your food intake affects BG.

### Step 6:



Count carbohydrates in your diet.

### Step 7:



Take your insulin and/or diabetes medications as prescribed

### Step 8:



Reflect on your BG patterns in your diary.

### Step 9:



Discuss with your doctor regarding self-adjustment of insulin dosages

Contributed by



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