

This Diabetes Checkbook is a tool to help you keep track of important health information over the next year. Update this information after each visit to your doctor. Call 311 for more copies of this Diabetes Checkbook.

Diabetes Prevention & Control Program
(NYC Department of Health & Mental Hygiene): **Call 311**
American Diabetes Association: 1-800-DIABETES (1-800-342-2383)
National Diabetes Education Program: 1-800-438-5383

Phone: _____

Name: _____

Emergency Contact Information:

Doctor's Phone: _____

Doctor's Name: _____

Home Number: _____

Important Contact Information:



MY DIABETES CHECKBOOK

A TOOL TO HELP KEEP YOUR DIABETES UNDER CONTROL



Name: _____

	How Often	Date / Result
Eye Exam	Once a year	
Foot Exam	At least once a year	
Kidney Exam	Once a year	
Dental Exam	Once a year	
Flu Shot	Once a year	
Pneumonia Shot	One time	
Aspirin	Take as directed	

Medications List

Write in all the medicine you take. Be sure to update this list when there are any changes in your medications.

Name of Medicine	Dose	How often per day?	Special Instructions
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

Healthy Eating Can Help BEAT Diabetes

Taking even one of these steps can make a real difference.

<input checked="" type="checkbox"/> Eat smaller servings — bigger is not better!
<input checked="" type="checkbox"/> Drink water or try diet drinks, seltzer, or 1% milk.
<input checked="" type="checkbox"/> Have a fruit or vegetable at every meal.
<input checked="" type="checkbox"/> Eat less fast food — no more than once a week.
<input checked="" type="checkbox"/> Prepare more meals at home.
<input checked="" type="checkbox"/> Try healthier snacks.
<input checked="" type="checkbox"/> Switch to 1% or non-fat milk, yogurt, cheese, and frozen yogurt.
<input checked="" type="checkbox"/> Try fish, chicken or turkey instead of red meat.
<input checked="" type="checkbox"/> Switch to healthier oils like olive and canola. Look for oils, spreads, and foods with labels that say “0 grams <i>trans</i> fat.”

Physical Activity Can Help BEAT Diabetes

Start with a little activity every day and add a few minutes every week until you reach your goal.

Getting at least 30 minutes of moderate physical activity at least 5 days a week can **HELP** you:

- ✓ Prevent or control diabetes (you may reduce your need for medication)
- ✓ Lose weight
- ✓ Lower your blood pressure and LDL (bad) cholesterol
- ✓ Reduce your risk of heart disease and stroke
- ✓ Reduce stress

Check with your health care provider before you start a strenuous exercise program.



Walk briskly every day: to work, to school, to do errands



Exercise while watching TV (Stretch, use hand weights, or ride a stationary bike)



Get off the subway or bus before your stop and walk the rest of the way



Put on some music and dance



Park the car a couple of blocks from where you're going and walk



Play a sport or join an aerobics class



Take the stairs instead of the elevator



Clean your house

Health Goals

Ask your doctor about setting goals to help keep your diabetes under control. Check off the goals you want to work on. Make notes on your successes and/or barriers to reaching your goal.

Physical Activity: _____

Notes: _____

Nutrition: _____

Notes: _____

Blood Sugar Monitoring: _____

Notes: _____

Quitting Smoking: _____ **Quit Date:** _____

Notes: _____

Self-foot Exam: _____

Notes: _____

Other: _____

Notes: _____

