

## What could get in the way of my plan?

Change is a process — a journey toward a goal. Obstacles are a natural part of the process. It is important to learn how to deal with them before they happen.

Name one possible reason for not checking your blood sugar on a regular basis. \_\_\_\_\_

What can you do to prevent it from becoming a problem? \_\_\_\_\_



## Whom do I need for support?

Who can help you stay on track? \_\_\_\_\_

What is one way this person can help you? \_\_\_\_\_

**With a glucose meter, you can now take control of your diabetes. Imagine how it feels to take charge!**

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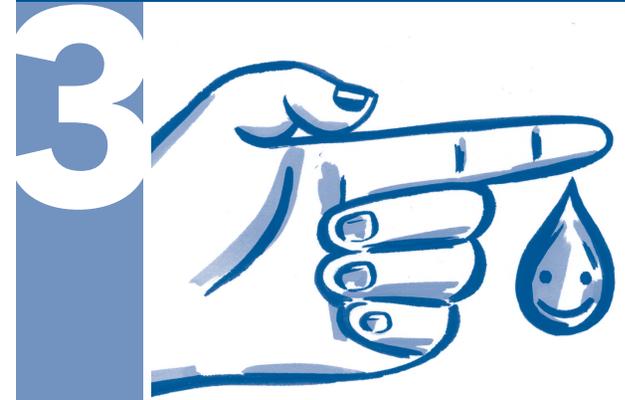
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# Preparing to check your blood sugar

Stage of change Preparation



This pamphlet is for you if you are ready to start checking your blood sugar, or if you are ready to check it more often.



## How often should I check my blood sugar?

This depends on you, what medicines you take, and what you want to learn from it.

### Do you use insulin?

- Check three-four times a day.

### Do you use pills, and you are not at your A1c target?

- Check two-four times a day.

### Other

- Discuss with healthcare team.



## What is my goal?

Setting a goal is one of the keys to success. Make it small, clear, and doable.

How often will I check my blood sugar? \_\_\_\_\_

When will I check my blood sugar, in relation to meals?  
\_\_\_\_\_

### How will I use the results?

- I will use them to adjust my insulin.
- I will use them to change the way I eat.
- I will use them to make changes in my exercise.

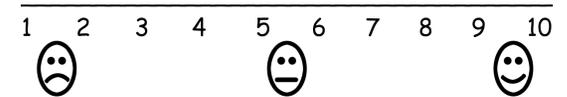
When will I start? \_\_\_\_\_



## Is this the right goal for me?

To know if this is the right goal for you, answer the following questions.

How important is this goal to me?



How confident am I that I can meet this goal?

