



## Get to Your Goals: Mission Strategy

Answer these questions at home in advance of your appointment:

### 1. What are the easiest and hardest parts of managing type 2 diabetes for you?

Rank from 1 (easiest to achieve) to 5 (hardest to achieve) below.

- Healthy eating
- Physical activity
- Managing daily blood sugar levels and A1C
- Managing blood pressure and cholesterol
- Taking your medication(s) as prescribed by your healthcare provider

### 2. Have you experienced an episode of low blood sugar (hypoglycemia) since your last appointment with your diabetes healthcare team?

- Yes
- No

If yes, what is the date of your last appointment and how many low blood sugar episodes have you experienced since then?  
Circle one.

#### Approximate date of last appointment:

[1-2 episodes]      [3-4 episodes]      [5 or more episodes]

### 3. What are your personal missions to help you Get to Your Goals?

Check boxes that apply below.

- Develop meal plans to help me eat healthier
- Find a physical activity that works for me
- Achieve my goal for A1C
- Manage my daily blood sugar levels to help reduce the risk of highs and lows
- Improve my blood pressure and/or cholesterol numbers
- Take medication as prescribed

Answer these questions together with a member of your diabetes healthcare team at your appointment:

### 4. What are specific goals for healthy eating and meal planning that I should work on to help me reach my A1C goal and blood sugar targets?

(For example: X number of calories each day; X grams of carbohydrates each day)

### 5. What are specific goals for physical activity that are right for me that I should work on to help me reach my A1C goal and blood sugar targets?

(For example: X minutes of physical activity each week; specific physical activities that are right for me)

### 6. What are specific goals to help me manage my diabetes and help reduce my risks for serious health problems, including heart disease?

(For example: consume no more than X mg of salt per day; X minutes of cardiovascular physical activity each week; add another medication to my treatment regimen)

### 7. What are specific goals to help me control my blood sugar?

(For example: adopt a healthy meal plan; increase activity level; take medication as prescribed by my healthcare provider; check blood sugar levels regularly)