

Name and Date \_\_\_\_\_

## Diabetes Monitoring Record

	Healthy Range	How Often	Current Results	Future Results			
				Date:	Date:	Date:	Date:
<b>Height/Weight</b>	Wt. Depends on Height						
<b>Blood Pressure</b>	under 130/80	Each clinic visit					
<b>HbA1c</b>	5 - 7%	Two-four times/year					
<b>Microalbuminuria</b>	< 30mg	Once/year					
<b>Lipid Profile:</b>		Once/year					
Total Cholesterol	< 200						
HDL "Good" Cholesterol	>50 women >40 men						
Chol/HDL Ratio	< 4.5						
LDL "Bad" Cholesterol	< 100						
Triglycerides	< 150						
<b>Foot exam</b>		Home daily and each clinic visit					
<b>Dilated Eye Exam</b>		Once/year					
<b>Dental Exam</b>		1-2 times/yr					
<b>Meal plan/calories</b>	Individualized plan per Dietitian						
<b>Exercise Routine</b>	Minimum 3-5 x/week for 30-40 minutes						
<b>Flu Vaccine</b>		Once/year					
<b>Pneumonia Vaccine</b>	Inquire with Diabetic Care Provider						
<b>Diabetes Education</b>	Yearly (2 hours/year is covered by many Insurance Companies)						

### According to the International Diabetes Center (IDC) Blood Sugar Target Range Goal

Fasting or before a meal Less than 70-120	2 hours after start of meal Less than 160
--	--