

Diabetes Management Plan

Date: _____

Patient Name: _____

Patient ID: _____

Introduction

This diabetes management plan is designed to help manage your diabetes effectively, ensuring optimal health and well-being.

Goals

- Maintain blood glucose levels within target range
- Prevent complications related to diabetes
- Promote healthy lifestyle choices

Monitoring

Please check your blood sugar levels:

- Before meals: _____ mg/dL
- After meals: _____ mg/dL
- Before bedtime: _____ mg/dL

Medication

Your prescribed medications include:

- Medication Name: _____ Dosage: _____ Frequency: _____
- Medication Name: _____ Dosage: _____ Frequency: _____

Diet

Follow a balanced diet that includes:

- Whole grains
- Vegetables and fruits
- Lean proteins

- Healthy fats

Physical Activity

Engage in regular physical activity such as:

- Walking: _____ minutes/day
- Strength training: _____ times/week

Follow-Up Appointments

Your next appointment is scheduled for: _____.

Contact Information

If you have any questions or concerns, please contact:

Clinic Name: _____

Phone Number: _____

Signature

_____ (Patient Signature)