My Diabetes Care Record

Keep track of your test results each time you visit your health care provider.

Date of clinic visit: 1/23/07
Weight: 160 lbs
Blood glucose (blood sugar): 88
Blood pressure: 120/70
Foot check: ok
A1C: 6
Cholesterol (LDL): 95
Kidney check: ok
Flu shot: /

Record the dates of your visits with special health care providers.

Dental exam: Recommended two times a year 3/12/07
Dilated eye exam: Recommended once a year 2/28/07
Complete foot exam: Recommended once a year 1/25/07