

Salud Y Vida

DSME Class Session 1

Weekly Action Plan

Name: _____

Date: _____

This week I promise to:

____ Read something about diabetes and hypertension and share it with the class.

____ Read something about diabetes and hypertension and share it with my family.

____ Learn more about diabetes and hypertension and how to control it.

____ Know my A1C and blood pressure goal.



Check one or more from here.

____ Find resources on how to get a glucose meter or strips.

____ Find resources on how to get a blood pressure monitor.

____ Check my blood glucose/blood pressure at least ____ times per ____.

____ Write down the results of self-monitoring.

____ Check my sugar before I eat.

____ Check my sugar 2 hours after I eat.

____ Check my sugar before bedtime.

____ Train (name) _____ to check my sugar and blood pressure just in case I have issues checking it by my-self.

____ Other: _____

If I achieve my goal, I will reward myself with: _____

Signature: _____

Date: _____

Witness: _____