Managing My Diabetes – My Action Plan

The change I wa	ant to make happen is:
My goal for the	next month is:
, 0	
Action Plan:	
The specific steps I	will take to reach my goal (what, when, where, how often):
I hinge that could	Id make it difficult to achieve my goal:
mings that cou	
	rcoming these challenges are:
My plan for ove	
My plan for ove	rcoming these challenges are:
My plan for ove Support and res	rcoming these challenges are: sources I will need:
My plan for ove Support and res How <u>important</u>	rcoming these challenges are: sources I will need: is it to me that I achieve my goal?
My plan for ove Support and res How <u>important</u>	rcoming these challenges are: sources I will need:
My plan for ove Support and res How <u>important</u>	rcoming these challenges are: sources I will need: is it to me that I achieve my goal?
My plan for ove Support and res How important (scale of 0 to 10, wi	rcoming these challenges are: sources I will need: is it to me that I achieve my goal?
My plan for ove Support and res How important (scale of 0 to 10, with How confident a	rcoming these challenges are: sources I will need: is it to me that I achieve my goal? ith 0 being not important at all and 10 being extremely important):
My plan for ove Support and res How important (scale of 0 to 10, with How confident a	rcoming these challenges are: sources I will need: is it to me that I achieve my goal? ith 0 being not important at all and 10 being extremely important): am I that I can achieve my goal?
My plan for ove Support and res How important (scale of 0 to 10, with How confident a	rcoming these challenges are: sources I will need: is it to me that I achieve my goal? ith 0 being not important at all and 10 being extremely important): am I that I can achieve my goal? ith 0 being not confident at all and 10 being extremely confident):

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DIABETES

CANADA

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