Renewing my commitment (Maintenance)

Can you imagine yourself keeping your diabetes under good control?

How will you make sure you maintain good control?

- I will continue to use the results to make changes.
- I will bring the results to visits with my healthcare team.
- I will check my blood sugar more often.
- [ ] Add your own.

Check any that apply and/or add your own.

This pamphlet is for you if you have been checking your blood sugar regularly for at least one month (action), or for more than six months (maintenance).
To keep on track, you need people who can support you. Who can help you?

A good way to stay motivated is to become a role model for someone else. Do you know anyone who needs encouragement to check their blood sugar?

What could you do to help them get started?

It is helpful to look at this as a learning experience. Here are some questions to ask yourself.

How did I do?

How had my routine changed?

What made it difficult for me?

What can I do differently next time?

Let’s review how you did last week.

What is your goal?

Draw an “x” through the days of the week that you measured your blood sugar.

Mon Tue Wed Thu Fri Sat Sun

How did you use the results?

☐ I made changes in my exercise.

☐ I changed the way I eat.

☐ I asked the doctor to consider changes in my medicines.

☐ I adjusted my insulin.

☐ I brought the results to my last doctor visit.

Was there a day when you did not check your blood sugar? What gets in the way of achieving your goal?

Looking at relapses

(Action/Maintenance)

Whom do I need for support?

(Action/Maintenance)

How am I doing with my goal?

(Action)