Fill in the □ next to the answer that best tells about you

**Healthy Eating**

1. Plan healthy meals
   - □ I am not sure how to plan healthy meals
   - □ I need to do better
   - □ Most of the time I plan healthy meals
   - □ I always plan healthy meals

2. Grocery shop with a list
   - □ I do not shop with a list
   - □ I need to do better
   - □ Most of the time I shop with a list
   - □ I always shop with a list

3. Cook with less fat, salt and sugar
   - □ I do not cook with less fat, salt and sugar
   - □ I need to do better
   - □ Most of the time I cook with less fat, salt and sugar
   - □ I always cook with less fat, salt and sugar

4. Eat healthy meals
   - □ I do not eat healthy meals
   - □ I need to do better
   - □ Most of the time I eat healthy meals (5-6 days a week)
   - □ I always eat healthy meals (6-7 days a week)

**Being Active**

5. Exercise 5 or more days each week
   - □ I do not exercise
   - □ I need to do better
   - □ I exercise 2 or 3 times a week for 30 minutes
   - □ I exercise 5 to 7 times a week for 30 minutes

This product was developed by the Galveston: Take Action project at the Galveston County Health District in Texas City, TX with support from the Robert Wood Johnson Foundation® in Princeton, NJ.
### Monitoring

6. Check blood sugar as provider ordered
- [ ] I do not check my blood sugar
- [ ] I need to do better
- [ ] I check my blood sugar some times
- [ ] I check my blood sugar as ordered

### Taking Medication

7. Take medicine as ordered
- [ ] I am not sure when to take my medicine
- [ ] I need to do better
- [ ] Most of the time I take my medicine as ordered
- [ ] I always take my medicine as ordered

### Problem Solving

8. Go to diabetes education classes
- [ ] I have not been to classes
- [ ] I should go to classes
- [ ] I have been to some classes
- [ ] I am going to class

9. Know about low blood sugar
- [ ] I do not know when my blood sugar is low
- [ ] I do not know what to do when my blood sugar is low
- [ ] I know when my blood sugar is low but do not keep a quick sugar with me
- [ ] I know when my blood sugar is low and always keep a quick sugar with me

10. Know about high blood sugar
- [ ] I do not know when my blood sugar is high
- [ ] I do not know what to do when my blood sugar is high
- [ ] I know when my blood sugar is high but do not know what to do
- [ ] I know when my blood sugar is high and know what to do

11. Have a Hemoglobin A1c of 7 or less
- [ ] I do not know what Hemoglobin A1c is
- [ ] My Hemoglobin A1c is 10 or more
- [ ] My Hemoglobin A1c is between 7 and 9
- [ ] I want to get it lower
- [ ] My Hemoglobin A1c is 7 or less
### Healthy Coping

12. Deal with stress

- □ I do not know how to deal with stress
- □ I need to learn how to deal with stress
- □ I am working on dealing with stress
- □ Dealing with stress is not a problem for me

### Reducing Risks

13. Weight

- □ I know I need to lose weight but I can’t
- □ I am trying to lose weight but it is not working
- □ I am losing weight
- □ I do not need to lose weight

14. Smoking

- □ I can’t or do not want to stop smoking
- □ I know I should stop smoking, I need more information
- □ I am working to stop smoking
- □ I do not smoke

15. Diabetes ID

- □ I do not have or want diabetes ID
- □ I need to get ID for my diabetes
- □ I have diabetes ID but do not have it with me all the time
- □ I carry diabetes ID at all times

16. Brush and floss teeth

- □ I do not brush or floss my teeth daily
- □ I brush my teeth daily but do not floss
- □ I brush my teeth daily and floss sometimes
- □ I brush and floss my teeth every day

17. Check feet

- □ I do not know why I need to check my feet
- □ I need to start checking my feet daily
- □ I sometimes check my feet
- □ I check my feet every day