

# My Healthy Habits Checklist

Use this simple checklist to keep track of small daily wins. Check off each habit you complete —you'll be surprised how quickly it adds up!

## Daily Goals

- ☐ I drank mostly water today
- ☐ I took my medication on time
- ☐ I checked my blood sugar as directed
- ☐ I moved my body for at least 30 minutes
- ☐ I included fruits or vegetables in every meal
- ☐ I checked my feet for cuts, redness, or swelling
- ☐ I found one moment to relax or do something I enjoy

## Weekly Goals

- ☐ I planned balanced meals for the week
- ☐ I scheduled or attended my doctor's appointment
- ☐ I connected with a friend, family member, or support group
- ☐ I practiced stress relief like stretching, prayer, or deep breathing

**Healthy living doesn't have to be hard. Start with one small swap or one daily habit—and keep going from there. Progress is progress, no matter how small.**

# Daily Blood Sugar Tracker

If you prefer writing things down, use this simple tracker to stay on top of your daily care. Print a few copies and bring them to your appointments so your doctor can see your progress.

**Day and Date:** \_\_\_\_\_

**Breakfast:** \_\_\_\_\_

**Blood Sugar (before / after):** \_\_\_\_\_ / \_\_\_\_\_ **mg/dL**

**Medication Taken:** ☐ Yes ☐ No

**Lunch:** \_\_\_\_\_

**Blood Sugar (before / after):** \_\_\_\_\_ / \_\_\_\_\_ **mg/dL**

**Medication Taken:** ☐ Yes ☐ No

**Dinner:** \_\_\_\_\_

**Blood Sugar (before / after):** \_\_\_\_\_ / \_\_\_\_\_ **mg/dL**

**Medication Taken:** ☐ Yes ☐ No

**Snacks or Notes:** \_\_\_\_\_

**Activity Today:** \_\_\_\_\_

**How I Felt Today (energy, stress, etc.):** \_\_\_\_\_

\_\_\_\_\_



**TIP:** You can also use this tracker to notice how your meals, sleep, or stress affect your blood sugar. Small patterns can help your care team personalize your plan.