



## Diabetes Partnership Record Know Your A1C!

Name: \_\_\_\_\_

<b>Blood Sugar Record</b> (take your glucose diary to every visit) <i>Target (pre-meals):</i> _____	Date				
	Value				
<b>A1C</b> —Lab test shows average blood sugar level for past three months <i>Target: less than 7.0</i>	Date				
	Value				
<b>Weight</b> (every visit) <i>Target: _____</i>	Date				
	Value				
<b>Blood Pressure</b> (every visit) <i>Target: 120/80</i>	Date				
	Value				
<b>eGFR</b>	Date				
	Value				
<b>Microalbumin urine</b> kidney test (yearly) <i>Target: Negative</i>	Date				
	Value				

### Lipids

Lab test to measure "blood fats" — Heart disease warning signals

<b>Cholesterol</b> (every year) <i>Target: less than 200</i>	Date				
	Value				
<b>LDL "Bad Cholesterol"</b> (every year) <i>Target: less than 100</i>	Date				
	Value				
<b>HDL "Good Cholesterol"</b> (every year) <i>Target: greater than 45</i>	Date				
	Value				
<b>Triglycerides</b> (every year) <i>Target: less than 150</i>	Date				
	Value				
<b>Foot Exam</b> (every visit)	Date				
<b>Dilated Eye Exam</b> (every year)	Date				
<b>Flu Shot</b> (every year)	Date				
<b>Pneumonia Vaccine</b> (every 5 years)	Date				

Do you smoke? Yes No Packs per day? \_\_\_\_\_  
 Do you take an aspirin every day? Yes No  
 Do you exercise? Yes No \_\_\_\_\_ x per week

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