

# Doctor’s Appointment Worksheet for Diabetes



This sheet can help guide your conversation with your doctor. Fill this out with your provider, or bring it with you as a reminder of important questions to ask.

Blood sugar	Test to complete	Treatment plan
What are my blood sugar targets (before and after meals)? For most people, it is between 80 and 130mg/dL when fasting and between 80 and 180 mg/dL 1-2 hours after a meal.	Do I need any blood or urine tests to monitor my condition (like A1c)? .....	Other questions for your doctor about medications or your treatment plan in general .....
Before Meal ..... mg/dL	.....	.....
After Meal ..... mg/dL	.....	.....

### Lifestyle goals

Based on my eating, sleeping, exercise, and substance use habits, what are the right goals for me?

### Exercise Goal

(For most people, it’s 150 minutes per week of moderate exercise)  
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### Nutrition Goal

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### Sleep Time Goal

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### Other Goals

(Changes to make with coffee, alcohol, cigarettes, or anything else)  
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