

# IF YOUR GOAL IS PROGRESS, TRACK IT

If you're living with diabetes, managing blood glucose is an important step. But, it's not the only measure of progress. Record your personal goals, like food swaps, physical activity, sleep, and whether you took time to enjoy yourself. Then, track your progress, look for patterns, and make adjustments along your path.

		Daily Goals to Track			
		EAT 	SLEEP 	MOVE 	ENJOY! 
Setting goals is a giant first step.					
DAY	NOTES (Example: Feeling optimistic today!)	✓	8 hrs	2K steps	✓
1					
2					
3					
4					
5					
6					
7					
7 days down. You're on your way!					
8					
9					
10					
11					
12					
13					
14					
Almost halfway there. Keep up the good work!					
15					
16					
17					
18					
19					
20					
21					
There's no stopping you now!					
22					
23					
24					
25					
26					
27					
28					
29					
30					

## JOT DOWN YOUR GOALS AND TRACK THEM



Example: Replace 2 poor food choices with Glucerna®

My goal: \_\_\_\_\_  
\_\_\_\_\_



Example: Get 7-8 hours sleep, be in bed by 9:30 PM

My goal: \_\_\_\_\_  
\_\_\_\_\_



Example: 5000 steps per day or 30 minutes of physical activity

My goal: \_\_\_\_\_  
\_\_\_\_\_



Example: Daily gratitude; 20 minutes of "me time"

My goal: \_\_\_\_\_  
\_\_\_\_\_