

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

What are my blood sugar targets (before and after meals)?
For most people, it is between 4.0-7.0 mmol/L when fasting and between 5.0-10.0 mmol/L 1-2 hours after a meal

Test to complete

Do I need any blood or urine tests to monitor my condition (like A1c)?

Treatment plan

Other questions for your doctor about medications or your treatment plan in general

Before Meal mmol/L

After Meal mmol/L

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)

Nutrition Goal

Sleep Time Goal

Other Goals

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