



# My Progress Tracker to Share With My Health Care Provider

It's time to reflect upon your efforts so far and work with your health care provider to revisit and refine your type 2 diabetes management plan. Remember, the best plan for you is one that fits your lifestyle and the goals you and your health care provider have set together.

**My Next Appointment Date/Time:** \_\_\_\_\_

## 1 Complete Before Your Visit

*What I'm Trying*

*How I'm Doing*

**Medication** - (eg, I'm remembering to take my medication as prescribed.)

**Motivation** - (eg, When faced with setbacks, I remind myself why I'm doing this.)

**Exercise** - (eg, Stay active! Consider going for a walk after dinner.)

**Diet** - (eg, Eat Healthy! Choose more foods with a low or medium glycemic index, like more fruits and non-starchy vegetables.)

## 2 Complete With Your Health Care Provider

*Next Steps*

**Medication**

**Motivation**

**Exercise**

**Diet**

**Additional notes from my appointment:**

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