



## Patient Goal Check List

Date: \_\_\_\_\_

**Intervention Status:** Please check which statement best describes your current health education intervention.

- \_\_\_\_\_ I have not started my diabetes education yet.
- \_\_\_\_\_ I am currently in a diabetes education program.
- \_\_\_\_\_ I have completed a diabetes education program.

### Instructions

Please check all goals that you would like to achieve. Next to each goal, choose on a scale of 1-5 how close you are to achieving that goal.

- 5 = I have already achieved this goal, and am now maintaining this behavior
- 4 = I am taking action towards achieving this goal
- 3 = I am preparing to progress on this goal
- 2 = I am unsure if I would like to achieve this goal
- 1 = I am not interested in this goal

### Questions

1. \_\_\_ I am consistently eating a balanced, low carbohydrate meal three times a day and choose balanced, healthy snacks, rich in protein, in between my meals.  
5      4      3      2      1
2. \_\_\_ I am able to understand a nutrition label, and able to compare the labels of various foods to select the healthiest choices.  
5      4      3      2      1
3. \_\_\_ I am active at least 3 days a week.  
5      4      3      2      1
4. \_\_\_ I am active at least 150 minutes during the week.  
5      4      3      2      1
5. \_\_\_ I check my blood glucose as prescribed by my doctor.  
5      4      3      2      1
6. \_\_\_ I will maintain a record of my blood glucose readings.  
5      4      3      2      1
7. \_\_\_ I will take all medications as prescribed.  
5      4      3      2      1
8. \_\_\_ I will be able to better manage my blood glucose when I am ill.  
5      4      3      2      1
9. \_\_\_ I am able to recognize potential obstacles to caring for my diabetes, and I have identified methods to overcome those barriers.  
5      4      3      2      1
10. \_\_\_ I will reduce or quit using tobacco products.  
5      4      3      2      1
11. \_\_\_ I will perform a daily foot exam.  
5      4      3      2      1
12. \_\_\_ I am able to readily identify individuals who can support me with maintaining healthy blood glucose, including my health care team and social support.  
5      4      3      2      1