

SMART Goals for Diabetes Worksheet

Introduction

This worksheet is designed to help individuals with diabetes set and achieve specific, measurable, achievable, relevant, and time-bound (SMART) goals. It aims to provide a structured approach to diabetes management, ensuring progress and accountability.

Personal Information

Name: _____

Date: _____

Healthcare Provider's Name: _____

S: Specific Goals

Define a clear, specific goal related to your diabetes management, such as achieving a particular blood sugar level or following a specific diet plan.

Goal 1:

Description:

Reason for choosing this goal:

Goal 2:

Description:

Reason for choosing this goal:

M: Measurable Outcomes

Identify how you will measure your progress. What metrics will you use? This could include daily blood glucose readings, HbA1c levels, or tracking your physical activity.

Goal 1:

Key Metrics (e.g., blood glucose levels, HbA1c):

Desired Outcome (quantitative target):

Goal 2:

Key Metrics:

Desired Outcome:

A: Achievable Steps

Consider what resources or support you need to achieve your goal. Is your goal realistic considering your current lifestyle, commitments, and health condition.

Resources Needed for Goal 1:

Tools (e.g., glucose meter, fitness tracker):

Support Systems (e.g., dietician, support groups):

Action Plan for Goal 1:

Resources Needed for Goal 2:

Action Plan for Goal 2:

R: Relevance to Overall Health

Explain why this goal is important for your overall health and diabetes management. How does achieving this goal help you in the broader context of your health and life

Connection of Goal 1 to Overall Health:

Connection of Goal 2 to Overall Health:

T: Time-bound Targets

Set a realistic deadline for your goal. Break down the goal into smaller milestones with their own time frames to make it more manageable

Deadline for Goal 1:

Milestones (with dates): _____

Deadline for Goal 2:

Milestones (with dates): _____

Monitoring and Tracking

Tracking Tools (Apps, Logs, Charts):

Frequency of Monitoring (daily, weekly, monthly):

Additional Support and Resources

Educational Materials:

Support Groups or Forums:

Healthcare Provider Consultation Schedule:

Personal Notes and Reflections

Challenges Anticipated:

Motivational Strategies:

Signature

Participant's Signature: _____

Date: _____

This worksheet is a personalized guide and should be adjusted as per individual health needs and in consultation with healthcare providers.