Setting goals for healthy actions will help you improve your health. Make sure to set goals that work for you.

**FOLLOW THESE TWO STEPS** to get on your way to taking charge of your health...

<table>
<thead>
<tr>
<th>Step 1</th>
<th>Step 2</th>
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| **SELECT A GOAL**<br>that you want to work on.  
Since you have diabetes, we have already selected that goal for you. <br>Go to Step 2 to work on developing a plan! | **MAKE A PLAN**<br>For the goal you selected, choose an action that you want to take to help improve your health. <br>Circle it below. |
| Manage my DIABETES | • See the diabetes educator or go to a class  
• Get my labs checked every 3-6 months  
• Work on weight loss  
• Get my eyes checked annually for diabetic problems  
• Other: |