

Diabetes Action Plan

Use this diabetes action plan as a self-management guide to help you monitor how you're feeling and your blood sugar (glucose) levels. **Work with your healthcare provider on the steps you should take under each color (Green, Yellow, or Red) section below.**



	How are you doing?	How are your glucose levels and symptoms?	Steps you should consider taking:								
Green	<p>Green means you are doing well.</p> <p>You are feeling well and your glucose levels are in their target range.</p>	<p>✓ Most of your glucose levels are in your target range of:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%;">Time</th> <th style="width: 70%;">Glucose Range</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">Before Meals</td> <td style="text-align: center;">_____ to _____</td> </tr> <tr> <td style="text-align: center;">1-2 Hours After a Meal</td> <td style="text-align: center;">_____ to _____</td> </tr> <tr> <td style="text-align: center;">Overnight and Fasting</td> <td style="text-align: center;">_____ to _____</td> </tr> </tbody> </table>	Time	Glucose Range	Before Meals	_____ to _____	1-2 Hours After a Meal	_____ to _____	Overnight and Fasting	_____ to _____	<p>Continue with your current self-management plan of:</p> <ul style="list-style-type: none"> ✓ Taking your medications ✓ Monitoring your glucoses ✓ Staying active ✓ Managing your stress ✓ Staying connected to family and friends
Time	Glucose Range										
Before Meals	_____ to _____										
1-2 Hours After a Meal	_____ to _____										
Overnight and Fasting	_____ to _____										
Yellow	<p>Yellow means you may need some help from your healthcare provider to adjust your self-management plan.</p> <p>Your glucose levels are changing; you are having some high and/or low glucose levels.</p>	<p>✓ Your glucose levels have been:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%;">Time</th> <th style="width: 70%;">Glucose Range</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">Before Meals</td> <td style="text-align: center;">Above _____ Below _____ For _____ days or readings</td> </tr> <tr> <td style="text-align: center;">1-2 Hours After a Meal</td> <td style="text-align: center;">Above _____ Below _____ For _____ days or readings</td> </tr> <tr> <td style="text-align: center;">Overnight and Fasting</td> <td style="text-align: center;">Above _____ Below _____ For _____ days or readings</td> </tr> </tbody> </table>	Time	Glucose Range	Before Meals	Above _____ Below _____ For _____ days or readings	1-2 Hours After a Meal	Above _____ Below _____ For _____ days or readings	Overnight and Fasting	Above _____ Below _____ For _____ days or readings	<ul style="list-style-type: none"> ✓ Contact your provider for help with adjusting your self-management plan. ✓ Think about what might be causing your high and/or low glucoses and share it with your provider. <p style="text-align: center;">Also follow your provider's recommendations to:</p> <ul style="list-style-type: none"> ✓ Treat low glucoses with quick-acting carbohydrates ✓ Treat high glucoses using your correction dosing or scale
Time	Glucose Range										
Before Meals	Above _____ Below _____ For _____ days or readings										
1-2 Hours After a Meal	Above _____ Below _____ For _____ days or readings										
Overnight and Fasting	Above _____ Below _____ For _____ days or readings										
Red	<p>Red means you need help from your provider to manage your glucose levels.</p> <p>Your glucose levels are more often higher and/or lower than usual, or you are feeling sick.</p>	<p>✓ Your glucose levels are staying in the yellow zone, and you are not feeling well, especially if you have any of the following symptoms:</p> <ul style="list-style-type: none"> ✓ Nausea ✓ Having a hard time keeping food or fluids down ✓ Positive ketone test (if testing) 	<p>Contact your provider immediately and follow your sick day action plan.</p>								