

# My SMART Steps

**Each week you will create a SMART step to help you improve your blood glucose control. Here is an example of a SMART step:**

**Specific:** Detail exactly what you want to do.

*“I will check my blood sugar before meals and two hours after meals to evaluate my blood sugar control.”*

**Measurable:** Your goal should be something that you can measure to see if you’ve accomplished it or not.

*“I will write down these blood sugars in a log on one weekday and one weekend day.”*

**Attainable:** Don’t set yourself up for failure! Make your goal something that you can actually accomplish.

*“Bringing my supplies with me and setting an alarm for blood sugars after my meals will help me remember and achieve my goal. Choosing two days of the week is not too overwhelming.”*

**Relevant:** Your goal should be related to what it is that you are trying to accomplish.

*“This goal will help me gauge my diabetes control and show areas where I can improve.”*

**Timely:** The goal that you set should be time bound, meaning that you should give yourself a specific amount of time to accomplish it.

*“I will log my blood sugars on one weekday and one weekend day within the next week.”*

**Here is an example of a SMART Step from each session:**

## **Session 1**

- I will call my healthcare provider to schedule an appointment for an eye exam before next class.



## **Session 2**

- I will do flexibility exercises two days per week over the next week.



## **Session 3**

- I will eat fish at two meals before the next class.



## **Session 4**

- This week I’ll try one whole grain food to increase my fiber intake.





**My Session 1 SMART Step is:**

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Day 1                      Day 2                      Day 3                      Day 4                      Day 5                      Day 6                      Day 7  
                                                                                                                                                                                   

I completed my SMART step this week.

**My Session 2 SMART step is:**

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Day 1                      Day 2                      Day 3                      Day 4                      Day 5                      Day 6                      Day 7  
                                                                                                                                                                                   

I completed my SMART step this week.

**My Session 3 SMART step is:**

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Day 1                      Day 2                      Day 3                      Day 4                      Day 5                      Day 6                      Day 7  
                                                                                                                                                                                   

I completed my SMART step this week.

**My Session 4 SMART step is:**

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Day 1                      Day 2                      Day 3                      Day 4                      Day 5                      Day 6                      Day 7  
                                                                                                                                                                                   

I completed my SMART step this week.



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