

# Success Is POSSIBLE

## Start Here.

**Success with diabetes is possible, but it's up to you to take charge of your condition.**

Start here with our easy-to-follow CHECKLIST FOR YOU.  
Put yourself on the pathway to a healthier tomorrow!

**Here are the self-care steps recommended by the American Diabetes Association (ADA).**

Here are some of the things you should do for yourself that will help you achieve success with diabetes, especially when done along with A CHECKLIST FOR YOUR DOCTOR VISITS (see reverse).

## A Checklist For You

### ✓ I WILL...

- Make healthy food choices daily
- Check my blood sugar regularly
- Take my medicine as prescribed by my doctor
- Record my test results to help track my progress
- Check my feet every day
- Ask my doctor for a meal and exercise plan
- Follow my meal and exercise plan
- Consider attending a diabetes self-management education program
- Quit smoking

**Learn More About Taking Charge of Your Diabetes**

For more information, please visit [www.diabetesfootprints.org](http://www.diabetesfootprints.org)

## ASK

what your  
doctor should be  
doing for you

## LEARN

what you  
should be doing  
for yourself

## ACT

now to  
take charge of  
your diabetes

**...YOU CAN DO IT!**

