IF YOUR GOAL IS PROGRESS, TRACK IT

If you're living with diabetes, managing blood glucose is an important step. But, it's not the only measure of progress. Record your personal goals, like food swaps, physical activity, sleep, and whether you took time to enjoy yourself. Then, track your progress, look for patterns, and make adjustments along your path.

PROCRESS Image: Setting goals is a glant first step. DAY NOTES (Example: Feeling optimistic today!) Image: Setting goals is a glant first step. Image: Set in glant step.			Daily Goals to Track				
Setting goals is a giant first step. DAY NOTES (Example: Feeling optimistic today) Image: Colspan="2">Image: Colspan="2" DAY NOTES (Example: Feeling optimistic today) Image: Colspan="2">Image: Colspan="2" 3 Image: Colspan="2" Image: Colspan="2" <thimage: <="" colspan="2" th=""> Image: Colspa</thimage:>		Glucerna PATH TO		SLEEP			
Seturing years is a giant mix step: And TRACK THEM 1 <th></th> <th></th> <th></th> <th>G</th> <th>##</th> <th>\bigcirc</th> <th></th>				G	##	\bigcirc	
1 1							
2	DAY	NOTES (Example: Feeling optimistic today!)	1	8 hrs	2K steps	\checkmark	
3	1						EAT
3	2						Example: Poplace 2 poor food
4	3						choices with Glucerna®
5	4						
7 7 7 8 1 <th1< th=""> <th1< th=""> <th1< th=""></th1<></th1<></th1<>	5						
Image: Construction of the second	6						
8	7						
9		7 days down. You're on your v	vay!				
10	8						
10 10 10 10 10 10 10 10 10 11 <td< td=""><td>9</td><td></td><td></td><td></td><td></td><td></td><td rowspan="5">be in bed by 9:30 PM</td></td<>	9						be in bed by 9:30 PM
11 Image: Section of the sectin of the section of the section of the section of the section of	10						
12	11						
14 Almost halfway there. Keep up the good work! 15 Image: Almost halfway there. Keep up the good work! 16 Image: Almost halfway there. Keep up the good work! 16 Image: Almost halfway there. Keep up the good work! 16 Image: Almost halfway there. Keep up the good work! 16 Image: Almost halfway there. Keep up the good work! 16 Image: Almost halfway there. Keep up the good work! 16 Image: Almost halfway there. Keep up the good work! 16 Image: Almost halfway there. Keep up the good work! 17 Image: Almost halfway there. Keep up the good work! 17 Image: Almost halfway there. Keep up the good work! 18 Image: Almost halfway there. Almost halmost halfway there. Almost ha	12						
Almost halfway there. Keep up the good work! 15	13						
15	14						
16 Image: Constraint of the second secon		Almost halfway there. Keep up the g	jood work	!			
16 Image: Constraint of the second secon	15						
17 30 minutes of physical activity 18 1	16						
19 Image: Constraint of the second secon	17						
19 Image: Constraint of the second secon	18						My goal:
21 Image: Construction of the constructi	19						
There's no stopping you now! 22	20						
22	21						
22	I	There's no stopping you no	w!	1		1	
23 23 24 25 25 26 27 27 28 29 29 27 27 28 29 27 27 27 27 27 27 27 27 28 29 20 <td< td=""><td>22</td><td></td><td></td><td></td><td></td><td></td><td>(••) ENJOY!</td></td<>	22						(••) ENJOY!
24 24 20 <							Example: Daily gratitude; 20 minutes of "me time"
25 26 27 28 29 20 <	24						
26 My goal: 27 28 29							
27 28 29							
28 29							
29							
	30						

Abbott