

DAILY DIABETES SELF-CARE CHECKLIST

Check your blood sugar as advised

Record your reading and note anything unusual.

Take your diabetes medications

Take them at the right time and never skip without guidance.

Eat balanced meals

Include vegetables, protein, and whole foods; limit sugary drinks and snacks.

Stay physically active

Aim for at least 30 minutes of a moderate exercise you enjoy.

Drink enough water

Choose water over sugary or sweetened beverages.

Inspect your feet

Look for cuts, redness, swelling, or numbness.

Manage stress effectively

Pause, breathe, stretch, get in touch with friends, or take a short walk.

Get enough sleep

Aim for 7–9 hours of restful sleep.

PERSONAL NOTES:

IMPORTANT: This checklist supports daily self-care and doesn't replace medical advice. Always follow guidance from your healthcare provider.