

Keeping Records for Tracking Your Progress

When you are making lifestyle changes to manage your diabetes, you may find it helpful to keep records of the changes you make. You can keep daily or weekly logs.

The information you decide to include depends on the area of behavior you are working to change.

For example, if you are working towards monitoring your blood glucose, keep a record of your results in a logbook or an app. Your monitor may also do this automatically.

Not only will this help you track your blood glucose, it can also help you see how your lifestyle choices affect your glucose results. And make sure you bring this with you to your diabetes care team meetings.

If healthy eating is your focus, try a food diary. In addition to what you eat, write down the medications you take, when and where.

And track your physical activity. Even if you use a Fitbit or app to track your activity or food, keeping a written log for the week can be helpful as well.

When you review your goals with your diabetes care team, your logbooks will come in handy when tracking your progress.

Take a look at the goal you have set.

What type of information may be good for you to log so you get an idea of your progress?

Date, time, type, duration? Take some time now to list a few things you want to keep track of.

And remember, once the change you are making becomes a habit you can stop keeping track of it. And then move on to tracking your next change.

If you find you are having trouble reaching your goal, these records can help you figure out why.

Perhaps you have chosen a goal that is impossible to meet, like exercising for thirty minutes each day during your busy work week.

When you see why you have missed your exercise sessions, your record book can help you set a new more realistic goal or a new time to exercise.

See if fitting three ten-minute sessions into your day works better for you to meet your goals.

Logging your food and beverages, sleep, exercise and your blood glucose readings can make you aware of how you are doing with reaching your short-term goals.

This can put you in the driver's seat and help you fulfill your long-term goals, and lead to better health with diabetes.