

Diabetes Self-Care Checklist

The daily routines that keep blood sugar and complications in check.

Daily

- Check fasting & post-meal blood sugar as advised
- Take medicines / insulin on time
- Inspect feet for cuts, cracks or colour changes
- Wear comfortable, well-fitting footwear
- Stay hydrated — water, not sweetened drinks

Weekly / Monthly

- Plan meals with more fibre, less refined carbs
- 30 minutes of walking on most days
- Check your blood sugar log for patterns
- Keep your next appointment & lab tests scheduled
- Share any new symptoms with your doctor