



DIAPoint

MY DIABETES YEAR IN REVIEW

Things That Went Well

1.
2.
3.
4.

My Year in A1C

1.
2.
3.
4.

Goals That I have Accomplished

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I Am Most Grateful For

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My Wellness Vision for 2019

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I Want To Focus More On This

Goals that will help me achieve my wellness vision

(Make **SMART GOALS**: Specific, Measurable, Achievable, Relevant, Time Based)

For example: I will walk 30 minutes every Mon, Wed and Fri