

What is Prediabetes Worksheet

This is your tracker to help you see where you're starting. I want you to come back to this tracker every 3 months and update your information (including labwork when it's available).

Do This First: Set a reminder for yourself for three months from today. Complete page 2 that day.

Starting Information:

Fasting Blood Glucose Date: _____ Result: _____

Hemoglobin A1c Date: _____ Result: _____

Current Weight _____ pounds/kg

Other Labs/Items To Monitor

Goals from Medical Team:

End Here... for now. Start on page 2 for your 3-month check-in.

3-Month Check In:

Set a reminder in your calendar for three months from today to complete page 3 on that day. Note: You may not have new bloodwork to report here.

Fasting Blood Glucose Date: _____ Result: _____

Hemoglobin A1c Date: _____ Result: _____

Current Weight _____ pounds/kg

Goals you've achieved: _____

What didn't work: _____

Things you want to work on next: _____

End Here... for now. Start on page 3 for your 6-month check-in.

6-Month Check In:

Set a reminder in your calendar for three months from today to complete page 4 on that day.

Fasting Blood Glucose Date: _____ Result: _____

Hemoglobin A1c Date: _____ Result: _____

Current Weight _____ pounds/kg

Goals you've achieved: _____

What didn't work: _____

Things you want to work on next: _____

End Here... for now. Start on page 4 for your 9-month check-in.

9-Month Check In:

Set a reminder in your calendar for three months from today to complete page 5 on that day.

Fasting Blood Glucose Date: _____ Result: _____

Hemoglobin A1c Date: _____ Result: _____

Current Weight _____ pounds/kg

Goals you've achieved: _____

What didn't work: _____

Things you want to work on next: _____

End Here... for now. Start on page 5 for your 12-month check-in.

12-Month Check In:

Determine how frequently you'd like to continue conducting check-ins. Some people prefer 3 months, others prefer monthly. Some also choose to do this before their annual medical visit and share this page with medical team.

Fasting Blood Glucose Date: _____ Result: _____

Hemoglobin A1c Date: _____ Result: _____

Current Weight _____ pounds/kg

Goals you've achieved: _____

What didn't work: _____

Things you want to work on next: _____

End Here... for now. Start on page 6 for further check-ins. Keep a blank copy of page 6 to complete a check-in anytime!

Check In:

Today's Date: _____

Last Check In: _____

Fasting Blood Glucose

Date: _____ Result: _____

Hemoglobin A1c

Date: _____ Result: _____

Current Weight

_____ pounds/kg

Goals you've achieved: _____

What didn't work: _____

Things you want to work on next: _____

Anything you need help with: _____

