

Diabetes Monitoring Card

Name..... Age Sex.....

Test	Date Last done	Report	Date Next due	Report
HbA _{1c}				
Eye fundus				
Microalbuminuria				
S. Creatinine				
Lipid Profile				
HDL				
LDL				
Triglycerides				
TSH				
Foot Examintion				
Other Tests & TTG				

Note - Writing true results in this card is going to be first step to win over diabetes. Your doctor and health care team will help you reach the desired goal