



The questions below are designed for you and your doctor to answer together, as you collaborate on a plan to improve your health.

1. Am I officially classified as a prediabetic?

2. Has my A1C been tested? When? What were the results? (Any trends?)

Results _____ Date _____

Results _____ Date _____

Results _____ Date _____

3. What are the findings of my last three fasting glucose tests?

Results _____ Date _____

Results _____ Date _____

Results _____ Date _____

4. What is my blood pressure history during the past 3 years?

Results _____ Date _____

Results _____ Date _____

Results _____ Date _____

5. What are my most recent cholesterol numbers?

Overall _____ Date _____

HDL _____ LDL _____ Ratio _____

6. Am I considered overweight for my height and body type? If so, by how much?

7. How much physical activity is currently part of my lifestyle? Does that need to increase? If so, what activities are safe for me?

8. Is there a history of vascular disease in my immediate family? What are the medical implications for me?
