Are you remembering to check your blood glucose as often as you planned? If not, what’s stopping you? Write down your barriers. Be specific. For each barrier, think of a solution that you can stick with. Write it down in the space provided. Then refer back to this chart whenever you need a reminder.

Example: Change I want to make: Remember to test my blood glucose 2 hours after eating.
What’s stopping me: I forget when I get too busy at work.
Solutions: Set an alarm to go off when I need to check my blood glucose. Or, pick an activity I do every day and always check at that time, such as during a break.

Change I want to make: ____________________________________________________________________________

What’s stopping me: __________________________________________________________________________

Solutions: __________________________________________________________________________________
__________________________________________________________________________________________

Change I want to make: ____________________________________________________________________________

What’s stopping me: __________________________________________________________________________

Solutions: __________________________________________________________________________________
__________________________________________________________________________________________

Change I want to make: ____________________________________________________________________________

What’s stopping me: __________________________________________________________________________

Solutions: __________________________________________________________________________________
__________________________________________________________________________________________