

Sample Participant Behavioral Goals

Behavioral objectives must state 1) a specific behavior change, including where, when, and how, if applicable, that is individualized for that participant and 2) the health outcome that is expected because of the behavior change. The following are some examples.

- I will monitor my blood glucose at least two times a day – before breakfast and one other time during the day, alternating before lunch, before dinner and bedtime – and record the results in my logbook to better manage my blood glucose.
- I will carry hard candy on my person at all times to treat hypoglycemia and prevent a severe hypoglycemic event.
- I will obtain and wear a piece of identification on my wrist or on a necklace to ensure proper treatment by others in an emergency situation.
- I will wash, rinse, thoroughly dry, and inspect my feet and apply cream/lotion to my feet daily and report any changes to my physician immediately to prevent a severe foot problem.
- I will stop drinking sugar-sweetened soft drinks to manage my blood sugar better.
- I will rotate my insulin injection sites to ensure proper absorption of my insulin dose.
- I will reduce my fat intake by eating pizza only once weekly to work toward my goal weight and target blood glucose.
- I will make an appointment with the ophthalmologist for a dilated eye exam before the end of this month and have at least a yearly dilated eye exam by an ophthalmologist to prevent a serious vision problem.
- I will take my diabetes medicine daily at the same time to manage my blood glucose better.
- I will set up a “sick day kit” for use on a day when I am ill to prevent diabetic ketoacidosis.
- When traveling, I will pack all of my diabetes supplies in a piece of carry-on luggage to prevent being without my supplies in case my luggage is lost.