



Your mission—should you choose to accept it—is to take these steps to take care of yourself each and every day.

Self-care is one of the most important ways you can manage diabetes—and it’s a daily job. Eating well, staying active, managing stress, and keeping your teeth, gums, and feet healthy every day can help you avoid complications and live well.

Track your daily self-care — and play a game!

You can use this table to track the self-care steps you complete each day.

You also can play Self-Care Bingo! Check the box for each step you complete each day. When you complete all the steps for the day—BINGO! When you complete all the steps for each day of the week—DOUBLE BINGO! Celebrate your good work!

Daily steps for self-care	Sun	Mon	Tue	Wed	Thu	Fri	Sat	DOUBLE BINGO!
Brush your teeth twice a day for 2 minutes								
Floss your teeth								
Check your feet								
Be active for 20 minutes								
Eat at least 5 servings of fruits & veggies								
Manage stress								
BINGO! BINGO! BINGO! BINGO! BINGO! BINGO! BINGO!								