

Coco and her doctors have created a Diabetes Plan for her to follow. With your parents' help, fill out the form below to create your own diabetes plan. Then hang it somewhere you can always see it. Make copies so every member of your family can keep one in their backpack, wallet, purse, or car. It is also a good idea to give a copy to your teachers and coaches.



## My Diabetes Plan

Diabetes Plan for:

Date of Birth:

Parents' Names and  
Contact Numbers:

Name and phone number of Pediatrician:

Name and phone number of Endocrinologist:

Name and phone number of CDE or Diabetes Nurse Educator:

My usual signs of low blood sugar are:

My parents treat low blood sugar with:

My normal blood sugar range is:

If my blood sugar is above my normal range, you should:

© Disney