

INSTRUCTIONS: This survey measures what you *actually do*, not what you are advised to do.
How have you followed your diabetes treatment plan in the past 1-2 months?

1. Check blood glucose with monitor	1	2	3	4	5
2. Record blood glucose results	1	2	3	4	5
3. Check ketones when glucose level is high	1	2	3	4	5
4. Take the correct dose of insulin	1	2	3	4	5
5. Take insulin at the right time	1	2	3	4	5
6. Eat the correct food portions	1	2	3	4	5
7. Eat meals/snacks on time	1	2	3	4	5
8. Keep food records	1	2	3	4	5
9. Read food labels	1	2	3	4	5
10. Treat low blood glucose with just the recommended amount of carbohydrate	1	2	3	4	5
11. Carry quick acting sugar to treat low blood glucose	1	2	3	4	5
12. Come in for clinic appointments	1	2	3	4	5
13. Wear a Medic Alert ID	1	2	3	4	5
14. Exercise	1	2	3	4	5
15. Adjust insulin dosage based on glucose values, food and exercise	1	2	3	4	5
16. Made up blood sugar tests because numbers were too high	1	2	3	4	5
17. Made up blood sugar results because I did not really test	1	2	3	4	5
18. Took extra insulin because I ate foods that I should have avoided	1	2	3	4	5
19. Skip meals without making insulin adjustments	1	2	3	4	5
20. Skip shots	1	2	3	4	5
21. Eat food that should be avoided	1	2	3	4	5
22. Rotate injection sites	1	2	3	4	5
23. Measure food and/or count carbohydrates	1	2	3	4	5