



Diabetes Quiz

1. What chemical is made by your body to move sugar from your blood into your cells?
 - a. Glucose
 - b. Insulin
 - c. Fructose
 - d. None of the Above
2. When you have Diabetes, this means you have too much sugar in your blood. Which of the following causes you to have too much sugar in your blood?
 - a. Your body does not make insulin.
 - b. Your body does not make enough insulin.
 - c. Your body makes insulin, but it does not work right.
 - d. All of the above
3. What statement is NOT a characteristic of Type 2 Diabetes?
 - a. Your body does not make insulin.
 - b. Usually starts as an adult
 - c. More common in overweight people
 - d. More common with a family history
4. Which of the following are early signs of Diabetes?
 - a. Blurry vision
 - b. Feeling thirsty
 - c. Frequent urination
 - d. All of the above
5. Which form of Diabetes requires Insulin Injections?
 - a. Type 1 Diabetes
 - b. Type 2 Diabetes

3 SMART Goals I am going to change in the next year to **improve blood glucose level...**

- 1.
- 2.
- 3.

SMART Goals are part of every aspect of business/life and provide a sense of direction, motivation, a clear focus, and clarify importance. By setting goals for yourself, you are providing yourself with a target to aim for. A SMART goal is used to help guide goal setting. SMART is an acronym that stands for Specific, Measurable, Achievable, Realistic, and Timely. Therefore, a SMART goal incorporates all of these criteria to help focus your efforts and increase the chances of achieving your goal.

Signature _____ Printed Name _____ Date ____/____/____