

Overcoming Barriers

Are you remembering to check your blood glucose as often as you planned? If not, what's stopping you? Write down your barriers. Be specific. For each barrier, think of a solution that you can stick with. Write it down in the space provided. Then refer back to this chart whenever you need a reminder.

Example: Change I want to make: *Remember to test my blood glucose 2 hours after eating.*

What's stopping me: *I forget when I get too busy at work.*

Solutions: *Set an alarm to go off when I need to check my blood glucose.
Or, pick an activity I do every day and always check at that time, such as during a break.*

Change I want to make: _____

What's stopping me: _____

Solutions: _____

Change I want to make: _____

What's stopping me: _____

Solutions: _____

Change I want to make: _____

What's stopping me: _____

Solutions: _____
