

Beat Diabetes Weekly Challenge: Product of CDPC Prevent Diabetes Workgroup

Intentional Healthy Challenge!

Each challenge builds on each other until it becomes a habit, together we beat diabetes in New Mexico.

Click [HERE](#) to register to and receive your gift in the mail.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX	<input type="checkbox"/> 11 1 st thing in the AM brush your teeth, drink 1 full glass of water	<input type="checkbox"/> 12 1 st thing in the AM brush your teeth, drink 1 full glass of water
<input type="checkbox"/> 13 1 st thing in the AM brush your teeth, drink 1 full glass of water	<input type="checkbox"/> 14 1 st thing in the AM brush your teeth, drink 1 full glass of water	<input type="checkbox"/> 15 1 st thing in the AM brush your teeth, drink 1 full glass of water	<input type="checkbox"/> 16 1 st thing in the AM brush your teeth, drink 1 full glass of water	<input type="checkbox"/> 17 1 st thing in the AM brush your teeth, drink 1 full glass of water	<input type="checkbox"/> 18 Manage Stress Do ten deep breathing or any activity that relaxes you	<input type="checkbox"/> 19 Manage Stress Do ten deep breathing or any activity that relaxes you
<input type="checkbox"/> 20 Manage Stress Do ten deep breathing or any activity that relaxes you	<input type="checkbox"/> 21 Manage Stress Do ten deep breathing or any activity that relaxes you	<input type="checkbox"/> 22 Manage Stress Do ten deep breathing or any activity that relaxes you	<input type="checkbox"/> 23 Manage Stress Do ten deep breathing or any activities that relaxes you	<input type="checkbox"/> 24 Manage Stress Do ten deep breathing or any activity that relaxes you	<input type="checkbox"/> 25 Healthy Sleep Routine Get between 7-9 hours sleep	<input type="checkbox"/> 26 Healthy Sleep Routine Get between 7-9 hours' sleep
<input type="checkbox"/> 27 Healthy Sleep Routine Get between 7-9 hours' sleep	<input type="checkbox"/> 28 Healthy Sleep Routine Get between 7-9 hours' sleep	<input type="checkbox"/> 29 Healthy Sleep Routine Get between 7-9 hours' sleep	<input type="checkbox"/> 30 Healthy Sleep Routine Get between 7-9 hours' sleep	<input type="checkbox"/> 1 JULY Healthy Sleep Routine Get between 7-9 hours' sleep	<input type="checkbox"/> 2 Have you checked with your provider lately? How's your HbA1c? Take your meds as prescribed	<input type="checkbox"/> 3 Have you checked with your provider lately? . How's your vision? Get an eye-exam. Take your meds as prescribed
<input type="checkbox"/> 4 Have you checked with your provider lately? How's your blood pressure? Check your blood pressure. Take your meds as prescribed	<input type="checkbox"/> 5 Have you checked with your provider lately? How are your feet? Check your feet daily. Take your meds as prescribed	<input type="checkbox"/> 6 Have you checked with your provider lately? How are your teeth? Schedule a dental appointment. Take your meds as prescribed	<input type="checkbox"/> 7 Have you checked with your provider lately? . What are your bladder habits? Take your meds as prescribed	<input type="checkbox"/> 8 Have you checked with your provider lately? How's your blood sugar this week? Take your meds as prescribed	<input type="checkbox"/> 9 Have you checked with your provider lately? Have you checked your cholesterol lately? Take your meds as prescribed	<input type="checkbox"/> 10 Continue all the activities. They build on each to create a healthy lifestyle.

LEGEND

- HbA1c** - Hemoglobin A1c test tells you your average level of blood sugar over the past 2 to 3 months.
- Vision** - Diabetes affects your eyes when your blood glucose, also called blood sugar, is too high. Schedule an eye exam if you are experiencing changes.
- Blood Pressure** - The blood pressure goal for most people with diabetes is below 140/90 mm Hg. Ask your provider what your goal should be.
- Foot Care** - Foot problems are common in people with diabetes. Checking your feet each day will help you spot problems early before they get worse.
- Dental Check-Up** - Too much glucose, also called sugar, in your blood from diabetes can cause pain, infection, and other problems in your mouth.
- Bladder Habits** -Bladder problems are common as people age, but diabetes can make these problems worse. See a healthcare provider for problems.
- Blood sugar** - Knowing your blood glucose level can help you decide how much medicine to take, what food to eat, and how physically active to be. To find out your blood glucose level, check with your provider or check yourself with a blood glucose meter as often as your doctor advises.
- Cholesterol** - You have two kinds of cholesterol in your blood: LDL and HDL. It is a type of fat produced by your liver and found in your blood. LDL, often called "bad" cholesterol, can build up and clog your blood vessels. High levels of LDL cholesterol raise your risk of developing heart disease.