

DIABETES

Your Blood Glucose Numbers

This guide explains your current blood glucose and A1C, which reflects your average blood glucose over the past three months. Use the chart to understand how these numbers relate and to track your results and goals for your next visit.

Your blood glucose number:



This is your blood sugar **right now.**

Good is less than 140 mg/dl.

Test regularly throughout the day.

Your # is

_____ .

Your goal for next visit is

_____ .

Number eAG mg/dl	Percent A1C%
97	5
111	5.5
126	6
140	6.5
154	7
169	7.5
183	8
197	8.5
212	9
226	9.5
240	10
255	10.5
269	11
283	11.5
298	12

Your A1C:



This is your average blood glucose for the past three months.

Good is less than 7%.

Your doctor will test your A1C at least every six months.

Your % is

_____ .

Your goal for next visit is

_____ .