

Your Blood Glucose Numbers

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 _____.



Everyone with Diabetes Counts

Illustrations by Missi Jay, Gigglebox Studios, Austin, Texas

Number	Percent
eAGmg/dl	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 _____.

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