

# 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 \_\_\_\_\_.

Your A1C:

%

\_\_\_\_\_

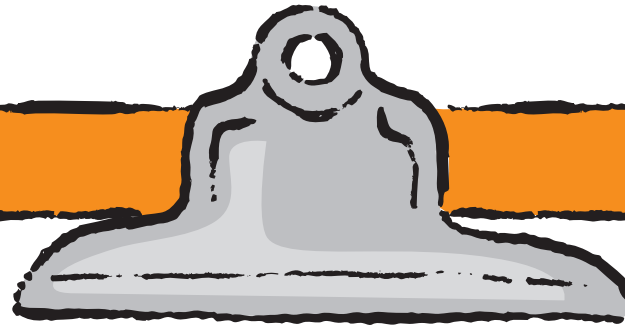
This is your average blood glucose for the past three months.

*Good is less than 7%.*

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

Your % is \_\_\_\_\_.

Your goal for next visit is \_\_\_\_\_.



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