

# Your Blood Glucose Levels



Your blood glucose number:

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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 \_\_\_\_\_.

The information provided on this flyer is for educational and informational purposes only and does not constitute medical advice. Always consult with a licensed healthcare professional or your doctor before making any changes to your diet, exercise, or health routine.

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:

%

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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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