

Keystone **ACO**

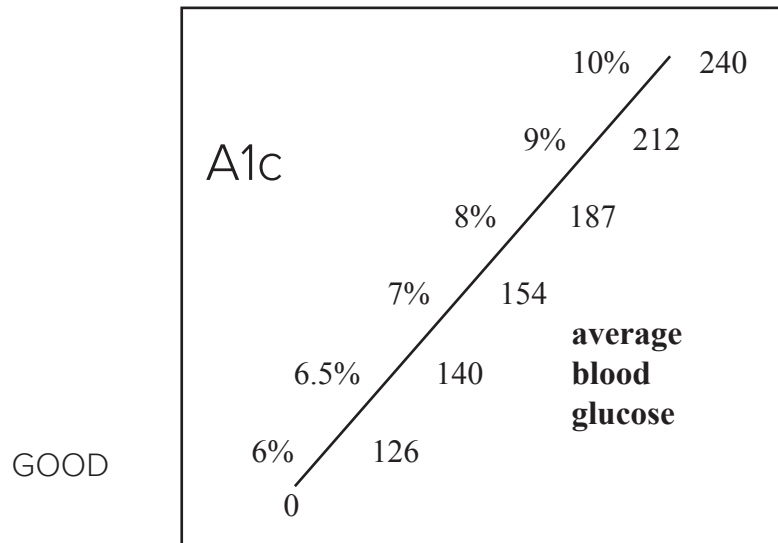
Blood
glucose
log book

Keystone **ACO**

Your A1c and you

A1c is a test that shows how well you've controlled your blood sugar over the previous 3 months. The AACE* recommends an A1c level of 6.5% or less. Ask your doctor which goals are right for you!

This chart helps you see the relationship between average blood glucose and your A1c.



The key to feeling good

The key to feeling good for most people is to keep their blood glucose levels:

- at 110 mg/dL or less before meals.
- at 140 mg/dL or less 2 hours after meals.

What's my goal?

My doctor recommends testing ___ times a day.

My doctor recommends my blood sugar range stay between _____mg/dL to _____ mg/dL.

Time of day

My target range

Waking up (fasting level) _____ mg/dL
to _____ mg/dL

Before meals _____ mg/dL
to _____ mg/dL

2 hours after meals _____ mg/dL
to _____ mg/dL

*American Association of Clinical Endocrinologists

Week of: _____

Add comments on diet, exercise, stress

Day	Breakfast				Lunch/Dinner				Dinner/Supper				Before Bed		
	Time	Before	After	Carbs/ Insulin	Time	Before	After	Carbs/ Insulin	Time	Before	After	Carbs/ Insulin	Time	Before	Carbs/ Insulin
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