

Blood Sugar Chart

Patient Name: Kara Kimmons

Date of Birth: January 20, 1990

Contact Information: 903-969-4009

The patient has:

☐ prediabetes

☒ diabetes

Additional Notes:

None

Levels (prediabetes):

Before Meals (Fasting)	100 mg/dL (5.5 mmol/L)
After Meals or 2 Hours After Eating	140 mg/dL to 199 mg/dL (7.8 to 11.0 mmol/L)

Levels (with diabetes):

Before Meals (Fasting)	126 mg/dL or lower (7.0 mmol/L)
After Meals or 2 Hours After Eating	200 mg/dL or lower (11.1 mmol/L)

TARGET BLOOD SUGAR LEVELS FOR MONITORING AND MANAGEMENT

	Patients without Diabetes	Patients with Diabetes
Before Meals	72-99 mg/dl	80-130 mg/dl
2 Hours after a Meal	less than 140 mg/dl	less than 180 mg/dl

Tracking Blood Sugar

Date & Time	Result	Result Interpretation
Date: November 20, 2023 ☒ Before a Meal ☐ After a Meal ☐ Other: _____	100 mg/dl	Within target range

Date: November 20, 2023 ☐ Before a Meal ☒ After a Meal ☐ Other: _____	167 mg/dl	Within target range
Date: November 20, 2023 ☒ Before a Meal ☐ After a Meal ☐ Other: _____	79 mg/dl	Lower than target range
Date: November 20, 2023 ☐ Before a Meal ☒ After a Meal ☐ Other: _____	179 mg/dl	Within target range
Date: ☐ Before a Meal ☐ After a Meal ☐ Other: _____		
Date: ☐ Before a Meal ☐ After a Meal ☐ Other: _____		
Date: ☐ Before a Meal ☐ After a Meal ☐ Other: _____		
Date: ☐ Before a Meal ☐ After a Meal ☐ Other: _____		
Date: ☐ Before a Meal ☐ After a Meal ☐ Other: _____		