

Blood Sugar Chart

Patient Name:

Date of Birth:

Contact Information:

The patient has:

- ☐ prediabetes
- ☐ diabetes

Additional Notes:

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
<div>Date:</div> <div><input type="checkbox"/> Before a Meal</div> <div><input type="checkbox"/> After a Meal</div> <div><input type="checkbox"/> Other: _____</div>		

[illegible]