

Blood Sugar Levels Chart

Patient Information:

- Name:
- Date of Birth:
- Date of Test:
- Health Condition:

Time of Measurement	Blood Glucose Level (mg/dL)	Interpretation

Interpretation Guidelines:

- **Normal Range:** 70-99 mg/dL before meals, <140 mg/dL post-meal.
- **Low Blood Sugar (Hypoglycemia):** Below 70 mg/dL.
- **High Blood Sugar (Hyperglycemia):** Above 180 mg/dL after meals.
- **Critical Levels:** <50 mg/dL or >400 mg/dL (Immediate medical attention required).

Recommendations:

- **Dietary Changes:**

- **Exercise Plan:**

- **Medication Adjustments (if necessary):**

- **Additional Remarks:**

Follow-up Appointment:

Date: **Time:**

Action Plan: