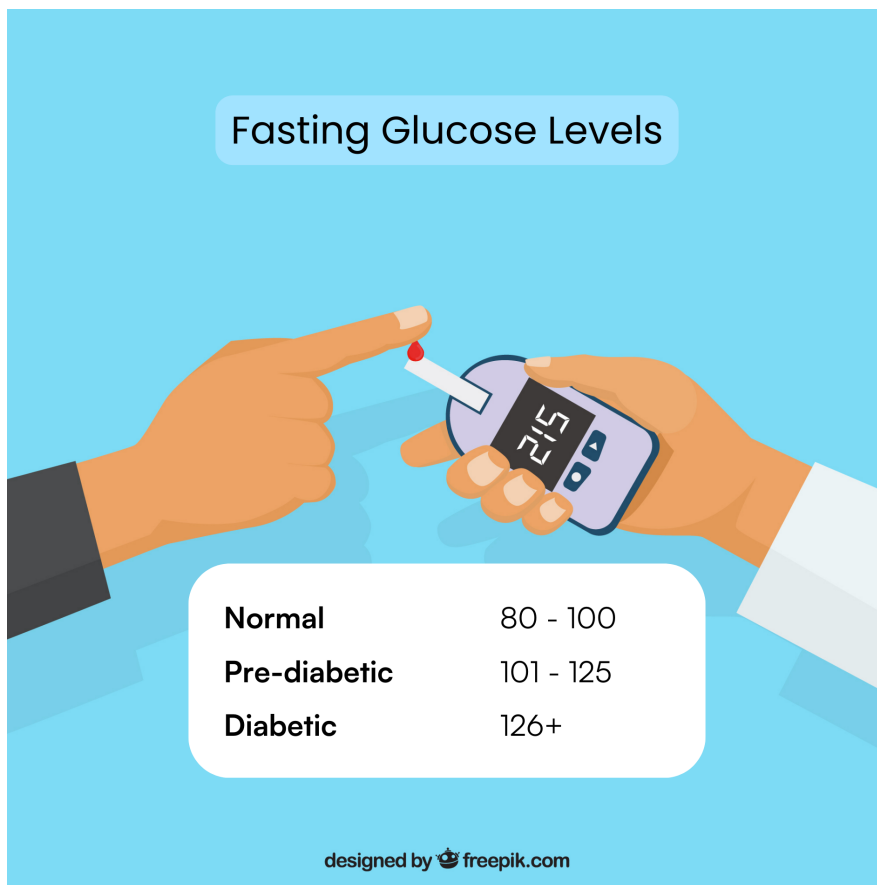


# Fasting Blood Glucose Levels



## Fasting Blood Glucose Levels Tracker

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Today's Fasting Blood Glucose Level (mg/dL): \_\_\_\_\_

### Target Range:

- Normal (70 - 99 mg/dL)
- Prediabetes (100 - 125 mg/dL)
- Diabetes (126 mg/dL or more)

### Notes/Comments: