

Fasting Blood Sugar Levels Chart

Blood Sugar Level	Interpretation
Less than 70 mg/dL	Low (Hypoglycemia)
70 mg/dL - 99 mg/dL	Normal
100 mg/dL - 125 mg/dL	Prediabetes (Impaired Fasting Glucose)
126 mg/dL or higher	High (Diabetes)

Fasting Blood Sugar Levels Record

Patient Name:

Date of Test:

- Low (Hypoglycemia): Less than 70 mg/dL
- Normal: 70 mg/dL - 99 mg/dL
- Prediabetes (Impaired Fasting Glucose): 100 mg/dL - 125 mg/dL
- High (Diabetes): 126 mg/dL or higher

Interpretation:

Recommendations:

Comments/Notes:

Next Appointment Date: