

# High Blood Sugar Levels Chart

## Medical Institution Details

- Name:
- Address:
- Phone Number:
- Website:

## Patient Information

- Full Name:
- Date of Birth:
- Gender:
- Patient ID:
- Contact Number:
- Email Address:

## Physician/Referring Doctor

- Name:
- Specialty:
- Contact Number:

## Blood Sugar Monitoring Period

- Start Date:
- End Date:

## Blood Sugar Readings

Date	Time	Blood Sugar Level (mg/dL)	Notes (e.g., after meal, before exercise)


**Interpretation Guide**

- **Normal Range (Fasting):** 70-99 mg/dL
- **Pre-diabetes (Fasting):** 100-125 mg/dL
- **Diabetes (Fasting):** 126 mg/dL and above
- **Normal Range (2 hours after meals):** Less than 140 mg/dL
- **High (2 hours after meals):** 140 mg/dL and above

**Comments/Notes**

**Recommendations (if any)**

**Signature of Medical Professional:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Signature of Patient:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Note:** This document is valid only with the signatures of the respective parties. Always discuss the results with a healthcare professional for a comprehensive understanding and next steps.