

Normal Blood Sugar Levels Chart

Name:		Date:	
Age:		Gender:	
Weight:		Height:	
Has diabetes?			
Yes	No	Pre-diabetic	Other:
Other relevant medical information:			
	Fasting	1 to 2 hours after meals	A1C meals
Normal	70–99 mg/dl (3.9–5.5 mmol/L)	Less than 140 mg/dl (7.8 mmol/L)	Less than 5.7%
Recommended levels for a diabetic	80–130 mg/dl (4.4–7.2 mmol/L)	Less than 180 mg/dl (10.0 mmol/L)	Less than 7.0%
Notes			