

ADA Targets for Diabetics	Results
< 7%	A1C Level: ____%
80 - 130 mg/dl before meals* <180 mg/dl 1-2 hours after the start of the meal	____ mg/dl Blood glucose before meals ____ mg/dl Blood glucose 1-2 hours after the start of meals
<140/90 mmHg for those with hypertension* <120/80 mmHg for those without hypertension	____/ ____ mmHg
Individualized goals* Triglycerides: < 150 mg/dl HDL: > 40 mg/dl for men, > 50 mg/dl for women	Triglycerides: ____ HDL cholesterol: ____ mg/dl
< 30 µg/mg creatinine	Creatinine: ____ µg/mg
Normal, healthy eyes	
Normal, no loss of sensation, healthy circulation	
Healthy teeth and gums	
	Vaccine date: ____