

# Blood Sugar Goals

Good blood sugar control is important for everyone with diabetes. But reaching your blood sugar goals can be hard at times. Here are some things you can do to help you reach your goals:

- Check your blood sugar often
- Keep a diary of all blood sugar readings
- Eat meals at regular times and don't skip meals
- Keep a food diary or journal
- Be active (walk, run, swim, ride a bike) at least 30 minutes every day
- Reduce the stress in your life
- Keep all doctor appointments
- Bring your blood sugar diary to doctor appointments
- Discuss your blood sugar goals during every doctor visit
- Sleep 7 to 8 hours each night
- Have a plan for sick days
- Know the signs of low blood sugar and how to treat it
- Take your diabetes medicine every day



Write the blood sugar goals you and your doctor have decided are best for you in this table. Then cut out the table and keep it handy. It will help you remember your goals.



Blood Glucose Goals*		
Time	Adults With Diabetes	Your Goal
Before Meals	70 to 130 mg/dL	<input type="text"/>
2 Hours After Meals (postprandial)	Less than 180 mg/dL	<input type="text"/>
A1C	7% or less	<input type="text"/>

\*American Diabetes Association guidelines (plasma values)

Call your doctor's office or the diabetes clinic right away if your blood sugar is out of control and you don't know why or you are not sure what to do. They are there to help.