



# My Test Goal Numbers

Learn your target numbers for blood glucose control, cholesterol, blood pressure, and weight management. These and other numbers tell you and your diabetes team if your treatment plan is keeping you healthy.

Tests	American Diabetes Association Targets	Current Numbers	My Goal Numbers
<b>Blood Glucose</b>			
A1C/eAG	<7.0 % or <154 mg/dL*	_____	_____
Pre-meal blood glucose	90-130 mg/dL	_____	_____
Post-meal blood glucose	<180 mg/dL	_____	_____
<b>Blood Pressure</b>	<130/80 mm Hg	_____	_____
<b>Cholesterol and Blood Lipids</b>			
LDL (“bad” cholesterol)	<100 mg/dL	_____	_____
HDL (“good” cholesterol)	Men: >40 mg/dL Women: >50 mg/dL	_____	_____
Triglycerides	<150 mg/dL	_____	_____
<b>Microalbumin</b>	<30 mg	_____	_____
<b>Weight</b>		_____	_____
<b>My next checkup date:</b>			

\* The general goal of <7% appears reasonable for many adults with diabetes. Less stringent A1C goals may be appropriate for other patients, especially those with a history of hypoglycemia.

Adapted from the Diabetes Go-To Guide created by Krames in collaboration with the American Diabetes Association.

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