

My Blood Sugar Goals

Date: _____

My blood sugars are

Fasting

Other (name time of day)

Other (name time of day)

My blood sugar goals are

Fasting

Other (name time of day)

Other (name time of day)

My A1C Goal

A1C shows a person's average blood sugar for the past 2-3 months.

Date: _____

My A1C is

This means my average
blood sugar is

My A1C goal is

Set your A1C goal!

- Fill in the first bar up to your current A1C and average blood sugar.
- Fill in the second bar up to your goals for A1C and average blood sugar.

