Glucose & A1C Log

Fasting and post-meal glucose tracking with A1C trend log

UNDERSTANDING YOUR NUMBERS

- Fasting glucose goal: 70–99 mg/dL (normal) | 80–130 mg/dL (if managing diabetes)
- Post-meal (2-hour) glucose: <140 mg/dL (normal) | <180 mg/dL (diabetes target)
- HbA1c goal: <5.7% (prevention) | <7.0% (most people with diabetes)
- Every 1% drop in A1c reduces diabetes complication risk by ~35–40%

IMPORTANT: Your doctor may give you different personal targets. Ask what YOUR goals are.

A1C TREND LOG

Track your A1c at each lab visit (typically every 3 months):

Date: _____ A1c: _____% Notes: _____
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DAILY GLUCOSE LOG

Record fasting (F), before meals (B), and 2 hours after meals (P):

Date	Time	Type (F/B/P)	Reading	Notes

FACTORS THAT AFFECT BLOOD SUGAR

- Food choices (especially refined carbs, sugary drinks, white bread, white rice)
- Physical activity — exercise lowers blood sugar during and after activity
- Stress — cortisol raises blood sugar even without eating
- Sleep quality — poor sleep worsens insulin resistance
- Illness — blood sugar often rises during infection or inflammation
- Alcohol — can cause both high and low readings depending on timing and amount
- Medications — steroids, some blood pressure meds can raise glucose

Educational content only — not medical advice. Always consult a qualified healthcare professional.

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QUESTIONS FOR MY DOCTOR

- What are my personal target ranges for fasting and post-meal glucose?
- Should I be testing at home, and how often?
- What pattern in these readings concerns you most?
- Is my A1c trending in the right direction?
- Should we add any other tests (fasting insulin, HOMA-IR)?