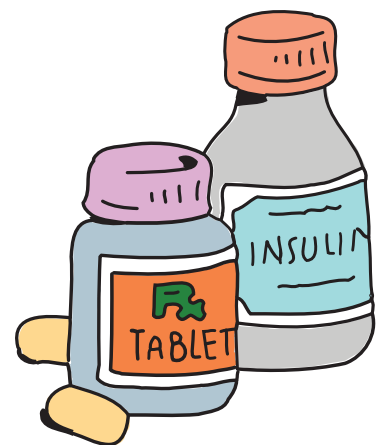


# Blood Sugar Goals

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 (blood glucose) 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.



Call your doctor or diabetes clinic right away if you're finding it hard to reach your blood sugar goals and you don't know why or you are not sure what to do. They are there to help.

## Blood Glucose Goals for Many Adults with Diabetes\*

Time	Adults With Diabetes	My Goal
Before Meals	80 to 130 mg/dL	<input type="text"/>
1 to 2 hours from the beginning of the meal	Less than 180 mg/dL	<input type="text"/>
A1C	Less than 7%	<input type="text"/>

American Diabetes Association guidelines (plasma values)

\*Everyone is different. Write in the table the blood sugar goals you and your doctor or diabetes educator decide are best for you. Then cut out the table and put it where you can see it. It will help you remember your goals.