

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	ADA Targets	Current Numbers	My Goal Numbers
Blood Glucose A1C* Premeal blood glucose Postmeal blood glucose	<7% 80–130 mg/dL <180 mg/dL Postmeal glucose measurements should be made 1–2 hours after the beginning of the meal.	_____ _____ _____	_____ _____ _____
Blood Pressure A test that checks the force of blood flow through vessels	<140/90 mmHg A general goal for blood pressure of <140/90 mm Hg is appropriate for many adults with diabetes. A lower blood pressure target may be appropriate for some patients. Ask your health care provider about the blood pressure target that is right for you.	_____ _____	_____ _____
Cholesterol and Blood Lipids LDL (“bad” cholesterol) HDL (“good” cholesterol) Triglycerides	Cholesterol goals for LDL, HDL, and triglycerides are not the same for every patient with diabetes. Ask your health care provider about the cholesterol target that is right for you. If you have diabetes, you should have your cholesterol checked at the time of diagnosis, and every 5 years after that—or more often, if recommended by your health care provider.	_____ _____ _____	_____ _____ _____
Weight		_____ _____	_____ _____
My next checkup date:			

*The general goal of <7% appears reasonable for many adults with diabetes. More or less stringent A1C goals may be appropriate for other patients.