Monitoring for Diabetes Management

Monitoring is not only for blood sugars! Monitor your food intake and activity level too. Know your numbers to get to your best health.

Know and manage your numbers:

<table>
<thead>
<tr>
<th>Measurement</th>
<th>ADA Targets</th>
<th>My Goals</th>
<th>Date / Result</th>
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</tr>
</thead>
<tbody>
<tr>
<td>A1C (3 month blood sugar)</td>
<td>Below 7.0%</td>
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<tr>
<td>Blood Pressure</td>
<td>Below 130/80</td>
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<tr>
<td>Total Cholesterol</td>
<td></td>
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<tr>
<td>LDL (Lousy)</td>
<td>55—70</td>
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<tr>
<td>HDL (Healthy)</td>
<td>Men: above 40</td>
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<tr>
<td></td>
<td>Women: above 50</td>
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<tr>
<td>Triglycerides</td>
<td>Below 150</td>
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<tr>
<td>Microalbumin</td>
<td>Below 30</td>
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</table>

ADA Targets are set for most people with diabetes but you and your doctor might set different goals.

When you monitor you can see:
- How you are doing compared to your goals.
- If your plan is working.
- How to make changes to get closer to your goals.
### General diabetes blood sugar targets:
- Fasting: 80—130
- 2 hours after starting a meal: below 180

### My goals:
- Fasting: _______
- _____ hours after meals _______

### Sample activity goals:
- 50 minutes of activity 3 times per week
- 30 minutes of activity 5 times per week
- 25 minutes of activity 6 times per week

### Examples of activity:
- Dancing
- Walking
- Exercise classes

### My goals:
- ______ Minutes of activity ______ times per week
- Activities I like: __________________________________________________________
  __________________________________________________________

### Sample nutrition goals
- Eat a meal or snack every 3-4 hours
- Eat a half plate of veggies with 2 meals each day
- Eat whole grains with at least 1-2 meals each day
- Eat plant based or lean animal proteins with each meal or snack at least 5 days per week

### My goals:
______________________________________________
______________________________________________
______________________________________________
______________________________________________
______________________________________________