

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:

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

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: