

Blood Glucose Chart Pdf

Visit or call DIABETES () for more resources from the American Diabetes Association. Types: Prediabetes · Type 2 Diabetes · Type 1 Diabetes · Gestational Diabetes. Download and print free blood sugar charts to record and track your glucose levels. Learn how to use the charts, what normal and abnormal ranges are, and how to perform blood sugar tests. See more. In this guide, you'll find an A1C chart, a blood glucose level chart, and an A1C to blood glucose level conversion chart. Also known as HbA1C, this is the clinical standard for measuring blood sugar management. Written as a percentage, it's a two to three month average of the amount of red blood cells that are coated with sugar. Easily keep track of your blood sugar levels with a variety of printable log sheets and charts that you can either print or use in Microsoft Word or Mac Pages. Choose from our weekly Diabetes Record Log sheet, Detailed 3-Day Logsheet, Insulin Pump User Log sheet, Weekly Blood Sugar Pattern Worksheet, or Rotating Pattern Logsheet Record (for. Browse & Discover Thousands of Health Mind & Body Book Titles, for Less. Use this logbook to learn more about what affects your blood glucose levels. HOW OFTEN SHOULD YOU CHECK YOUR BLOOD GLUCOSE? Your healthcare team will tell you how often and when to check your blood glucose. Normally it's best to check your blood sugar when you first wake up, before a meal, two hours after a meal, and at bedtime. Try using this template below to track any paterns or changes in your blood sugar levels. To chart blood sugar levels, enter data from a glucose meter before and after meals. Fill in the remaining sections (i.e. insulin, food, drink, etc.) for that meal, as well. Each chart varies in its structure and specificity; however, many of them include ideal blood glucose ranges and tips for lowering blood sugar.