

Know Your Goal Numbers

Tests	ADA (American Diabetes Association) Targets	Current Numbers	My Goal
Blood sugar			
• A1C or eAG	Less than 7.0% or lower than 154 mg/dL		
• Premeal blood sugar	80–130 mg/dL		
• Postmeal blood sugar (1 to 2 hours after meal starts)	Lower than 180 mg/dL		
Blood pressure	Lower than 140/90 mmHg (a lower number may be advised)		
Blood lipids			
• LDL ("bad" cholesterol)	Talk with your healthcare team about your current blood lipid levels and what goal numbers are right for you.		
• HDL ("good" cholesterol)			
• Triglycerides			
Urinary albumin-to-creatinine ratio	Lower than 30 mg		
Estimated glomerular filtration rate (eGFR)	Higher than 60 mL/min		
Weight			
Next checkup date:			

Data supported by: Standards of Medical Care in Diabetes. *Diabetes Care*. January 2020; 43:S1-S212.