

Patient Education
intermountainhealthcare.org/diabetes



BG Tracker

for people with diabetes

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MONITORING BLOOD GLUCOSE



My name/phone: _____

Contact numbers:

Healthcare provider: _____

Diabetes educator: _____

Pharmacy: _____

Appointments:

Date	Time	With



**In case of
EMERGENCY
call 911**

Bring this booklet to all of your healthcare visits.

Your goal is control

Managing diabetes means controlling your blood glucose, blood pressure, and cholesterol. **Think A-B-C:**

A is A1c. Glycosylated hemoglobin — HbA1c or just “A1c” — reflects blood glucose levels over a 3-month period. Along your blood glucose self-testing results, your A1c shows your diabetes control.

goal: A1c less than 7% (or _____)

B is blood pressure. High blood pressure is common in people with diabetes. It's also a major risk factor for heart disease and stroke.

goal: blood pressure less than 140/90 (or ___/___)

C is cholesterol. For heart health, you may need to control your blood cholesterol.

goal: Test once every 5 years or more, as directed by your provider. You may need medication to help.

Remember: these are general goals for people with diabetes. If your doctor recommends a different goal for you, write it on the line.


BG testing and tracking: why? when?



Testing can tell you if your blood glucose (BG) is too high, too low, or just right. It can also reveal how food, activity, and medication are affecting your blood glucose. And tracking your BG readings — using a booklet like this one — can show trends in your diabetes control.

The chart below gives some typical BG test times and targets. Write in your own times and targets.

TARGET BLOOD GLUCOSE RANGES (PLASMA GLUCOSE)

<i>time to test</i>	<i>typical target (from the ADA)</i>	<i>MY target</i> 
BEFORE a meal: <input type="checkbox"/> breakfast <input type="checkbox"/> lunch <input type="checkbox"/> dinner	between 70 to 130 mg/dL	
2 hours AFTER a meal: <input type="checkbox"/> breakfast <input type="checkbox"/> lunch <input type="checkbox"/> dinner	less than 180 mg/dL	

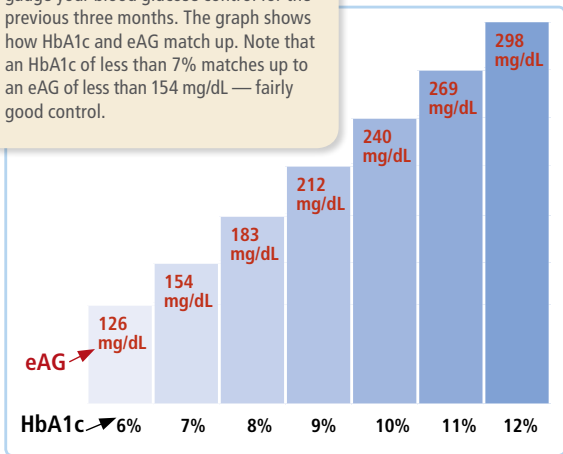
Other times: _____

What your BG readings mean

BG tracking shows the details of your glucose control, while your HbA1c gives you the big picture. Look below for an explanation of how these two measures relate.

WHAT'S YOUR eAG ?

An eAG is "**estimated Average Glucose.**" Converted from your HbA1c result, your eAG number helps you gauge your blood glucose control for the previous three months. The graph shows how HbA1c and eAG match up. Note that an HbA1c of less than 7% matches up to an eAG of less than 154 mg/dL — fairly good control.



Here's how your HbA1c results compare with your average fasting blood glucose test results.

BG TRACKER







= before meal



= 2 hours after meal

WEEK OF

	breakfast			lunch		
	 BG	carbs insulin	 BG	 BG	carbs insulin	 BG
Mon						
Tues						
Wed						
Thur						
Fri						
Sat						
Sun						

BG TRACKER







= before meal



= 2 hours after meal

WEEK OF

	breakfast			lunch		
	 BG	carbs insulin	 BG	 BG	carbs insulin	 BG
Mon						
Tues						
Wed						
Thur						
Fri						
Sat						
Sun						

BG TRACKER



= before meal



= 2 hours after meal

dinner			bedtime	notes
 BG	carbs	 BG		
	insulin			

BG TRACKER







= before meal



= 2 hours after meal

WEEK OF

	breakfast			lunch		
	 BG	carbs insulin	 BG	 BG	carbs insulin	 BG
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Tues						
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Thur						
Fri						
Sat						
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BG TRACKER



= before meal



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dinner			bedtime	notes
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BG TRACKER







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	breakfast			lunch		
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Tues						
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Fri						
Sat						
Sun						

BG TRACKER



= before meal



= 2 hours after meal

dinner		bedtime	notes
 BG	carbs	 BG	
	insulin		

BG TRACKER







= before meal



= 2 hours after meal

WEEK OF

	breakfast			lunch		
	 BG	carbs insulin	 BG	 BG	carbs insulin	 BG
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Tues						
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Thur						
Fri						
Sat						
Sun						

BG TRACKER



= before meal



= 2 hours after meal

dinner			bedtime	notes
 BG	carbs	 BG		
	insulin			

BG TRACKER







= before meal



= 2 hours after meal

WEEK OF

	breakfast			lunch		
	 BG	carbs insulin	 BG	 BG	carbs insulin	 BG
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BG TRACKER



= before meal



= 2 hours after meal

dinner			bedtime	notes
 BG	carbs	 BG		
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BG TRACKER







= before meal



= 2 hours after meal

WEEK OF

	breakfast			lunch		
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BG TRACKER



= before meal



= 2 hours after meal

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BG TRACKER







= before meal



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BG TRACKER



= before meal



= 2 hours after meal

dinner			bedtime	notes
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BG TRACKER







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BG TRACKER



= before meal



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dinner			bedtime	notes
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To find these and other resources, go to:
intermountainhealthcare.org/diabetes



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