



Know Your “Number!”





Tracking Your A1C

Testing your blood sugar lets you know how well you are managing your diabetes. Managing your diabetes well can help you avoid diabetes problems. Your A1C number tells you your *average* blood sugar for 2-3 months before the test.

The American Diabetes Association (ADA) A1C goal: *Less than 7%*

- You and your doctor will set an A1C goal. This goal may change over time.
- Work with your doctor to reach a final goal less than 7%.

Get your A1C checked every 3 to 6 months*

- In the chart below, write down the date and your test result
- Write down when you should have your next test
- Fill in the circle on the graph closest to your test results
- Track your progress over time

My A1C goal: %

Date:						
Next test:						
A1C number:	%	%	%	%	%	%
11.5%		○	○	○	○	○
11.0%		○	○	○	○	○
10.5%		○	○	○	○	○
10.0%		○	○	○	○	○
9.5%		○	○	○	○	○
9.0%		○	○	○	○	○
8.5%		○	○	○	○	○
8.0%		○	○	○	○	○
7.5%		○	○	○	○	○
7.0%		○	○	○	○	○
6.5%		○	○	○	○	○
6.0%		○	○	○	○	○

* Ask your doctor how often you should get an A1C test

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