

Blood Glucose (BG) Monitoring Standard Target Goals

Your Individual Goals: We want to find realistic and suitable goals for your lifestyle.

Fasting: _____

Two Hours After Eating: _____

When	Within Target	Above Target	Below Target
Fasting and before meals	80 – 130 Continue usual routine	Over 130 Previous meal may have been too large Take a walk	Below 80 Treat for low blood glucose: Take glucose tablets OR drink juice Re-check BG in 15min Eat right away if not mealtime
After Eating (1–2 hours)	140 – 180 Continue usual routine	Over 180 Previous meal may have been too large Drink more water and exercise	Below 80 Previous meal may have been too small Treat for low blood sugar (see above)
Before bed-time	100 – 140 Continue usual routine	Over 160 Do not eat Drink more water and exercise if able	Below 100 Below 100: Have a snack Below 80: Treat for low blood sugar (see above)

Targets recommended by the Braden Diabetes Center are based upon the American Diabetes Association and American Association of Clinical Endocrinologists 2015. All values are mg/dl.