

# My Test Goal Numbers

Learn your target numbers for blood glucose control, cholesterol, blood pressure, and weight management. These and other numbers tell you and your diabetes team if your treatment plan is keeping you healthy.

Tests	ADA Targets	Current Numbers	My Goal Numbers
Blood Glucose	<7 %		
A1C*	80-130 mg/dL		
Pre-meal blood glucose	<180 mg/dL		
Post-meal blood glucose	Postmeal glucose measurements should be made 1-2 hours after the beginning of the meal.		
Blood Pressure	<140/90 mmHg		
A test that checks the force of blood flow through vessels	A general goal for blood pressure of <140/90 mmHg is appropriate for many adults with diabetes. A lower blood pressure target may be appropriate for some patients. Ask your health care provider about the blood pressure target that is right for you.		
Cholesterol and Blood Lipids			
LDL ("bad" cholesterol)	Cholesterol goals for LDL, HDL, and triglycerides are not the same for every patient with diabetes. Ask your health care provider about the cholesterol target that is right for you. If you have diabetes, you should have your cholesterol checked at the time of diagnosis, and/or at 40 years of age, and periodically thereafter.		
HDL ("good" cholesterol)			
Triglycerides			
Weight			
My next checkup date:			

\*The general goal of <7% appears reasonable for many adults with diabetes. More or less stringent A1C goals may be appropriate for other patients.