

# How Often are Your Blood Sugar Readings in Your Target Range?

Checking your blood sugar and recording the results is the first step in controlling your diabetes. Using this information to better understand your condition is the next step. This worksheet can help you determine if you are in good control. You and your healthcare team can use the results to adjust your diabetes treatment plan.

## Step 1

Record all your known target ranges for blood sugar readings for the times of day that you test. If you do not know your target ranges, ask your healthcare team for help.

Before Breakfast \_\_\_\_\_  
 After Breakfast \_\_\_\_\_  
 Before Lunch \_\_\_\_\_  
 After Lunch \_\_\_\_\_  
 Before Dinner \_\_\_\_\_  
 After Dinner \_\_\_\_\_  
 Bedtime \_\_\_\_\_  
 3:00 A.M. \_\_\_\_\_

Example: Target Range—Overall: 90–150 mg/dL

My Blood Sugar Goal Card		
Name		Jane Doe
Date		Jan. 7
	Before	After*
Breakfast	90–130 mg/dl	less than 150 mg/dl
Lunch	90–150 mg/dl	less than 160 mg/dl
Dinner	90–150 mg/dl	less than 160 mg/dl
Bedtime	less than 180 mg/dl	
3 A.M.	100–200 mg/dl	
A1C goal	less than 7% mg/dl	

\*After is measured 2 hours after the start of the meal.

## Step 2

Using your log book and the list in Step 1, determine which specific times of day you want to evaluate your blood sugar readings by counting the total number of tests you recorded within each time segment. Write that number in the box below. This is result A.

Result A

Example: Count the number of tests done during the time being assessed. In this case the time being assessed is before breakfast.

My Blood Sugar Results									
Make copies of this log book page to record your blood sugar results.								Name	Jane Doe
DATE	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Bedtime	3:00 A.M.	
S Jan. 7	160	90	120						
M Jan. 8	195	88			150		130		
T Jan. 9	148	105	160						
W Jan. 10	140	115			220	150			
T Jan. 11	172	130	180						
F Jan. 12	199	119			190	130	95		
S Jan. 13	129	110	130						

Number of tests: 7. This is result A.

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# How Often are Your Blood Sugar Readings in Your Target Range?

## Step 3

Using a yellow highlighter, color only those test results which fall inside your target range for that time of day. (You determined your target range in Step 1.) Count and record the number here \_\_\_\_\_.

This is result B.

Result B

**Example:** Count and record the number of tests inside the range you determined in Step 1. Target range—Before Breakfast: 90-130 mg/dL.

My Blood Sugar Results									
Make copies of this log book page to record your blood sugar results. Name <u>Jane Doe</u>									
DATE	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Bedtime	3:00 A.M.	
S Jan. 7	160	90	120						
M Jan. 8	195	88			150		130		
T Jan. 9	148	105	160						
W Jan. 10	140	115			220	150			
T Jan. 11	172	130	180						
F Jan. 12	199	119			190	130	95		
S Jan. 13	129	110	130						

Number of tests inside the range: 1. This is result B.

## Step 4

Divide result B by result A. Multiply the results by 100. Use the formula below to determine the percentage of times your blood sugar is inside of range for your selected time.

$$\frac{\text{Result B}}{\text{Result A}} \times 100 = \text{Result C}$$

**Example:**

$$\frac{\text{Result B}}{\text{Result A}} \times 100 = \text{Result C}$$

$$\frac{1}{7} \times 100 = 14\%$$

14% of the time the blood sugar is inside the target range before breakfast.

## Step 5

The final number is the percent of the time that your blood sugar test results are inside your target range.

## Step 6

Discuss the results with your healthcare team.

**Medicare Part B patients:** Call 1-877-231-5199 and mention reference code **ED06500** to order your diabetes testing supplies.

**Web site:** [www.RxSolutions.com/diabetes](http://www.RxSolutions.com/diabetes)

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