

My Numbers

To reduce your risk for heart attack, stroke, and diabetes complications, talk with your health care provider about personal goals for A1C and other tests. Write down your goals and results in the columns below.

Measure	Typical Healthy Level	My Goal	My Numbers/ Date	My Numbers/ Date	My Numbers/ Date
A1C	Lower than 5.7%				
Blood pressure	Less than 120/80				
Fasting blood glucose	70-100 mg/dL				
Blood glucose about 2 hours after eating	Less than 180 mg/dL				
BMI	Less than 25 kg/m ² , or less than 23 kg/m ² for Asian-American individuals				
LDL “bad” Cholesterol	Less than 100 mg/dL. If you have heart disease, less than 70 mg/dL.				
Triglycerides	Less than 150 mg/dL				