

# Tracking Your Targets!

What to Do	ADA Targets	My Targets	My Results Date_____	My Results Date_____	My Results Date_____	My Results Date_____
<b>At Every Office Visit</b>						
Review Blood Glucose Numbers						
Fasting	Below 100 mg/dl					
Before Meals	70-130 mg/dl					
2 hours after the start of a meal	Below 180 mg/dl					
Check blood pressure	Below 130/80 mmHg					
Review meal plan						
Review activity level						
Check weight						
Discuss questions or concerns						
<b>At Least Every 3 to 6 Months</b>						
A1C	Below 7%					
<b>At Least Once a Year</b>						
Physical Exam						
LDL Cholesterol	Below 100 mg/dl					
HDL Cholesterol	Men: above 40 mg/dl					
	Women: above 50 mg/dl					
Triglycerides	Below 150 mg/dl					
Dilated Eye Exam						
Microalbumin	Below 30 µg/mg creatinine					
Blood test to estimate GFR						
Flu Shot						
<b>Once</b>						
Pneumonia vaccine						