

What do I want to learn?

Day	Before	After	Change
1			
2			
3			
4			
5			
6			
7			

Name: _____ **Age:** _____

According to the Canadian Diabetes Association, the recommended blood glucose target for A1C ≤ 7.0%*†

Before meals	4.0 - 7.0 mmol/L
After meals	5.0 - 10.0 mmol/L

Notes:

***For most people with diabetes: discuss your specific targets with your healthcare professional.**
 †Imran SA, Agarwal G, Bajaj H.S, Ross S. Diabetes Canada Clinical Practice Guidelines Expert Committee. 2018 Clinical Practice Guidelines: Targets for Glycemic Control. Can J Diabetes 42 (2018): S42-S46.

What did I learn?

What can I do next?
 (E.g. change serving sizes)

What questions do I have for my healthcare professional?

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Please consult with your healthcare professional before making any therapy changes, and ask what your target range should be.



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