Blood Sugar and Blood Pressure log

Use this log to keep track of your blood sugar and blood pressure to help you lower your health risk.

Check your blood sugar: ______________

Check your blood pressure after you have been sitting still for at least 5–10 minutes.

<table>
<thead>
<tr>
<th>Date</th>
<th>Before Meal Blood Sugar</th>
<th>Two Hours After Meal Blood Sugar</th>
<th>Blood Pressure</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 9/18</td>
<td>129</td>
<td>175</td>
<td>134 / 78</td>
<td>30 min walk</td>
</tr>
</tbody>
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Your ABC Numbers

“**A**” is for “A1C.”
A1C is a test of your average blood sugar over the last three months. High blood sugar can hurt many parts of your body, such as your nerves, eyes and kidneys.

“A1C Goal:”
Average blood sugar range: 80–180mg/dL

“**B**” is for “Blood Pressure.”
High blood pressure makes your heart work too hard and can give you a heart attack or stroke.

“**C**” is for “Cholesterol.”
Bad cholesterol or LDL builds up and clogs your heart and blood vessels and can give you a heart attack or stroke.

“**B**” Goal: Lower than 130/80

“**C**” LDL Goal: Lower than 100
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**Your ABC Numbers**

**“A” is for “A1C.”**
A1C is a test of your average blood sugar over the last three months. High blood sugar can hurt many parts of your body, such as your nerves, eyes and kidneys.

**A1C Goal:** ______________
*Average blood sugar range: 80–180mg/dL*

**“B” is for “Blood Pressure.”**
High blood pressure makes your heart work too hard and can give you a heart attack or stroke.

**Goal:** Lower than 130/80

**“C” is for “Cholesterol.”**
Bad cholesterol or LDL builds up and clogs your heart and blood vessels and can give you a heart attack or stroke.

**LDL Goal:** Lower than 100

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