

COLLIER COUNTY MED CENTER

BLOOD SUGAR LOG

Day/Date	Diabetes medicine type and dose	Breakfast Before & After	Lunch Before & After	Dinner Before & After	Bedtime
Mon	<hr/> <hr/> <hr/> <hr/> <hr/>	Time $\uparrow$			
Tue	<hr/> <hr/> <hr/> <hr/> <hr/>	Time			
Wed	<hr/> <hr/> <hr/> <hr/> <hr/>	Time			
Thu	<hr/> <hr/> <hr/> <hr/> <hr/>	Time			
Fri	<hr/> <hr/> <hr/> <hr/> <hr/>	Time			
Sat	<hr/> <hr/> <hr/> <hr/> <hr/>	Time			
Sun	<hr/> <hr/> <hr/> <hr/> <hr/>	Time			

## A1c vs Equivalent Average Glucose Values

$$\text{BG (mg/dL)} = [\text{A1C (\%)} \times 28.7] - 46.7$$

A1C (%)	Average Glucose (mg/dL)	A1C (%)	Average Glucose (mg/dL)
5.0	97	9.6	229
5.2	102	9.8	235
5.4	108	10.0	240
5.6	114	10.2	246
5.8	120	10.4	252
6.0	125	10.6	258
6.2	131	10.8	263
6.4	137	11.0	269
6.6	143	11.2	275
6.8	148	11.4	280
7.0	154	11.6	286
7.2	160	11.8	292
7.4	166	12.0	298
7.6	171	12.2	303
7.8	177	12.4	309
8.0	183	12.6	315
8.2	189	12.8	321
8.4	194	13.0	326
8.6	200	13.2	332
8.8	206	13.4	338
9.0	212	13.6	344
9.2	217	13.8	349
9.4	223	14.0	355