

T1D  *living*
MY GOAL A1C

Putting My Plan Into Action



Hey Friend!

I'm happy you're here! I'm going to keep this short and sweet since I always hate reading long intro's... **just get me to the nitty-gritty!**

This is a very basic worksheet on goal setting and putting your plan into action.

There are a handful things I do NOT touch on here, like:

- habit forming
- diabetes basics (like how to master the bolus, how to handle exercise like a champ, and more!) I go over all that in my **Beyond The Blood Sugar Beginners Course.**

So this is by no means an all-intensive guide. This is a simple guide to get you started.

“ I knew that if things were going to improve, I was the one responsible for making it happen.”

-James Clear, *Atomic Habits*



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RIGHT NOW, what is the **lowest** and **highest** blood sugar level I feel comfortable with before I take action

(this is assuming that it's steady, of course, because a 70 $\downarrow\downarrow$ is VERY different than a 70 $\uparrow\uparrow$ that's been stable for hours)



What is my **GOAL RANGE** of the **lowest** and **highest** blood sugar level I'll feel comfortable with before I take action?



When I dose for a bolus or correction, **where am I aiming to land?**



What will I do around **meal times** to get me to my goal BG? _____

What's my plan if I **UNDER BOLUS** for a meal? How soon will I take action?

What's my plan if I **OVER BOLUS** for a meal? How soon will I take action?

What will I do around **exercise** to get me to my goal BG? _____

When thinking of my goal BG, when I'm **bringing up a low**, where am I aiming to land?



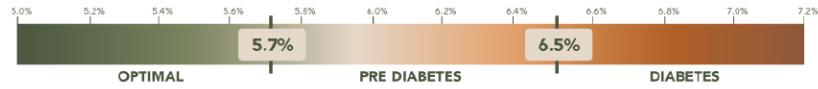
What can I do to not **overtreat** a low? _____

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Hb-A1c to Blood Sugar Conversion Table



4's

Hb-A1c	mg/dL
4.0	65
4.1	69
4.2	72
4.3	76
4.4	79
4.5	83
4.6	86
4.7	90
4.8	93
4.9	97

5's

Hb-A1c	mg/dL
5.0	101
5.1	104
5.2	108
5.3	111
5.4	115
5.5	118
5.6	122
5.7	126
5.8	129
5.9	133

6's

Hb-A1c	mg/dL
6.0	136
6.1	140
6.2	143
6.3	147
6.4	151
6.5	154
6.6	158
6.7	161
6.8	165
6.9	168

7's

Hb-A1c	mg/dL
7.0	172
7.1	176
7.2	180
7.3	183
7.4	186
7.5	190
7.6	193
7.7	197
7.8	200
7.9	204

8's

Hb-A1c	mg/dL
8.0	207
8.1	211
8.2	215
8.3	218
8.4	222
8.5	225
8.6	229
8.7	232
8.8	236
8.9	240

9+

Hb-A1c	mg/dL
9.0	243
9.5	261
10	279
10.5	297
11	314
11.5	332
12	350
12.5	368
13	386
13.5	403

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for recipes, T1D tips & tricks, and Beyond the Blood Sugar course