ACHN Clinic
4431 Brookfield Corporate Dr, Unit F
Chantilly, VA 20151
Phone: (703) 542 – 3366
Fax: (888) 965 – 5824

ADA BLOOD GLUCOSE TARGETS

Before Breakfast: 70 to 130 mg/dL
Two hours after meals: below 180 mg/dL

MY TARGETS

Before Breakfast: _____
Two hours after meals: _____

MY DOCTOR

Name: _____
Phone: (703) 542 – 366

Day	Breakfast		Lunch		Dinner		Night	Other	Other	Comments *(note exercise, illness, stress, special foods or other factors that may affect your numbers)*
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