

## A1C Conversion Table

| A1C | Glucose | A1C | Glucose | A1C | Glucose | A1C | Glucose | A1C | Glucose |
|-----|---------|-----|---------|-----|---------|-----|---------|-----|---------|
| 4   | 68      | 5   | 97      | 6   | 126     | 7   | 154     | 8   | 183     |
| 4.1 | 71      | 5.1 | 100     | 6.1 | 128     | 7.1 | 157     | 8.1 | 186     |
| 4.2 | 74      | 5.2 | 103     | 6.2 | 131     | 7.2 | 160     | 8.2 | 189     |
| 4.3 | 77      | 5.3 | 105     | 6.3 | 134     | 7.3 | 163     | 8.3 | 192     |
| 4.4 | 80      | 5.4 | 108     | 6.4 | 137     | 7.4 | 166     | 8.4 | 194     |
| 4.5 | 83      | 5.5 | 111     | 6.5 | 140     | 7.5 | 169     | 8.5 | 197     |
| 4.6 | 85      | 5.6 | 114     | 6.6 | 143     | 7.6 | 171     | 8.6 | 200     |
| 4.7 | 88      | 5.7 | 117     | 6.7 | 146     | 7.7 | 174     | 8.7 | 203     |
| 4.8 | 91      | 5.8 | 120     | 6.8 | 149     | 7.8 | 177     | 8.8 | 206     |
| 4.9 | 94      | 5.9 | 123     | 6.9 | 151     | 7.9 | 180     | 8.9 | 209     |

| A1C | Glucose | A1C  | Glucose | A1C  | Glucose | A1C  | Glucose | A1C  | Glucose |
|-----|---------|------|---------|------|---------|------|---------|------|---------|
| 9   | 212     | 10   | 240     | 11   | 269     | 12   | 298     | 13   | 326     |
| 9.1 | 215     | 10.1 | 243     | 11.1 | 272     | 12.1 | 301     | 13.1 | 329     |
| 9.2 | 217     | 10.2 | 246     | 11.2 | 275     | 12.2 | 303     | 13.2 | 332     |
| 9.3 | 220     | 10.3 | 249     | 11.3 | 278     | 12.3 | 306     | 13.3 | 335     |
| 9.4 | 223     | 10.4 | 252     | 11.4 | 281     | 12.4 | 309     | 13.4 | 338     |
| 9.5 | 226     | 10.5 | 255     | 11.5 | 283     | 12.5 | 312     | 13.5 | 341     |
| 9.6 | 229     | 10.6 | 258     | 11.6 | 286     | 12.6 | 315     | 13.6 | 344     |
| 9.7 | 232     | 10.7 | 260     | 11.7 | 289     | 12.7 | 318     | 13.7 | 347     |
| 9.8 | 235     | 10.8 | 263     | 11.8 | 292     | 12.8 | 321     | 13.8 | 349     |
| 9.9 | 237     | 10.9 | 266     | 11.9 | 295     | 12.9 | 324     | 13.9 | 352     |

ADA recommended target = less than 7%



What is your A1C number? \_\_\_\_\_  
 What is your average glucose from the chart above? \_\_\_\_\_