

HbA1c Tracker

Long-term diabetes monitoring sheet

What HbA1c means

HbA1c estimates average glucose exposure over roughly the previous 2-3 months. Targets differ according to age, pregnancy, hypoglycaemia risk, other illnesses and treatment plan.

Date	HbA1c	Fasting glucose	Weight	Treatment change / note

Look at the trend rather than one isolated value. Discuss any treatment changes with your clinician.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.