Continuous glucose monitoring (CGM) can help you make lifestyle decisions and achieve your glucose targets and your targets for CGM time in ranges. Use this guide to:

- Know your glucose and CGM targets.
- Learn what lifestyle choices affect your glucose levels.
- Choose lifestyle changes that fit into your daily life. You’ll know the changes are working when you get closer to your targets.

Knowing your targets

Glucose targets

<table>
<thead>
<tr>
<th>Fasting and before a meal</th>
<th>1 to 2 hours after a meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>70 to 130 mg/dL</td>
<td>Less than 180 mg/dL</td>
</tr>
</tbody>
</table>

Glucose rises after eating and is highest 1 to 2 hours after a meal or snack. Another target is for your glucose to not rise more than 50 mg/dL after eating.

CGM targets

<table>
<thead>
<tr>
<th>Targets</th>
<th>Time in ranges</th>
<th>Time above range: target less than 25%</th>
<th>Time in range: target more than 70%</th>
<th>Time below range: target less than 4%</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Very High ...................... 5% (1h 12min) (greater than 250 mg/dL)</td>
<td>High ................................ 24% (5h 46min) (181 to 250 mg/dL)</td>
<td>Low..............................2% (29min) (54 to 69 mg/dL)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Target Range ....... 68% (16h 19min) (70 to 180 mg/dL)</td>
<td>Very Low......................1% (14min) (less than 54 mg/dL)</td>
</tr>
</tbody>
</table>

Examples: Bar (left) shows time in target range of 68% over 2 weeks, a little less than the target of more than 70%. Pattern (below) shows glucose for a day that’s in target range most of the time.

Using CGM trend arrows

Use the trend arrows on your CGM to see if your glucose is rising ↑ or falling ↓ or staying steady →. Your trend arrows can help you make changes in your lifestyle choices and medication.
Getting in target more often — What makes a difference for you?
Below are some ideas to keep your glucose in target more often. Circle ideas to try.

Food and Beverages
- Choose whole, fresh foods for meals and snacks.
- Fill ½ your plate with nonstarchy vegetables, such as leafy greens, carrots, broccoli, bell peppers and green beans.
- Decrease portions of foods that you notice usually raise your glucose.
- Avoid sweetened beverages. Choose water from a safe source.
- Limit foods with added sugar, such as cereals, sauces and salad dressings.

Physical Activity
- Move more and sit less every day.
- Increase the intensity of your current activity or try a new activity.
- Walk briskly (or do other activity) for at least 30 minutes, 5 days a week.
- Walk right before or after meals that have the highest glucose peaks.

Medications
- Put medication in an easy place to see, and take medication as prescribed.
- Talk to your care team about the need to start or adjust medication, or if you have trouble paying for your medication.

Well Being
- Sleep 7 to 8 hours a night.
- Try relaxation activities to reduce stress, such as yoga, listening to music, reading or playing with your pet.

Write other ideas to try here: ________________________________________________________________

Observing and learning
Compare your glucose to your targets. What’s happening when you’re in and out of target? Look at the examples below. Write your own example in the space provided.

<table>
<thead>
<tr>
<th>What I Did</th>
<th>Observe and Compare to Targets</th>
<th>What I Learned</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Before meal 70 to 130 mg/dL</td>
<td>1 to 2 hours after meal Less than 180 mg/dL</td>
</tr>
<tr>
<td>I drank a cup of juice.</td>
<td>128 mg/dL</td>
<td>201 mg/dL</td>
</tr>
<tr>
<td>I walked after a meal.</td>
<td>145 mg/dL</td>
<td>175 mg/dL</td>
</tr>
<tr>
<td>My example:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Drinking juice raises my glucose above target, like a sugar-sweetened drink does.
Activity after a meal helps get my glucose in target.