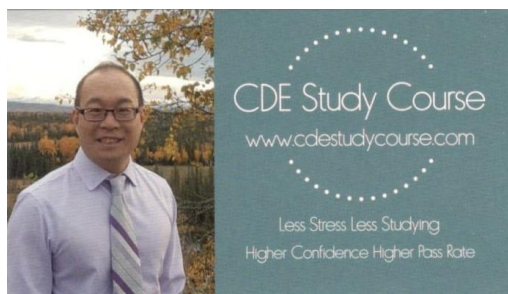


# TARGETS CHEAT SHEET

Test how ready you are for the exam with the Targets Quiz

Type of Patient	A1c (%) or 0.00 on exam	FBG (mmol/L)	2 Hour PC (mmol/L)	Other (mmol/L)	2018 CPG page #
Most patients with type 1 or 2 diabetes	≤ 7%	4-7	5-10		S43
If unable to achieve ≤ 7% target		4-5.5	5-8		S43
To further reduce risk of CKD and retinopathy in type 2- if low risk of hypo	≤ 6.5%				S43
History of severe hypoglycemia and/or hypoglycemia unawareness	7.1-8.5%				S43
Limited life expectancy	7.1-8.5%				S43
Elderly- functionally independent	≤ 7%	4-7	5-10		S284
Elderly- functionally dependent	7.1-8%	5-8	<12	<8% if low risk of hypo	S43/S284
Elderly- frail and/or dementia	7.1-8.5%	6-9	<14	<8.5% if low risk of hypo	S284
End of life- Avoid symptomatic hypo and hyperglycemia	Not recommended				S43
Preconception A1c	≤ 7% or ≤ 6.5% if safe				S271
Pregnant woman- if on insulin therapy maintain levels >3.7	≤ 6.5% or ≤ 6.1% if safe	<5.3	<6.7	1-hour PC <7.8	S272/S273
During labor and delivery				Keep 4-7	S273
Hospitalized- non critically ill		5-8		Random<10	S116
Hospitalized- critically ill				Keep 6-10	S116
Hospitalized- during CABG				Keep 5.5- 11.1	S116
Hospitalized- Peri-operatively for other surgeries				Keep 5-10	S116

Hospitalized- Acute Coronary Syndrome				Keep 7-10	S116/S190
Age ≤18 years of age (type 1)	≤ 7% per 2025 Chap 12 update	4-7 per pg 14 of update	5-10 per pg 14 of update	<7% confirmed as a mistake	Pg 7 &14 of 2025 12 update
Age ≤18 years of age (type 1) with severe or excessive hypoglycemia or hypoglycemia unawareness	Keep higher target as per 2018 S235	6-10 per 2018 S235			S235
Age ≤18 years of age (type 2)	≤ 7%				S251
Driving- if below 4 should not drive. If low, wait for 40 min after sugars above 5 before starting to drive					S152
Time-In-Range (TIR) for most people with diabetes				>70% = A1c of ~7%	Pg 583 of update
Time-Above-Range (TAR) for most people with diabetes				<25%	Pg 583 of update
Time-Below-Range (TBR) for most people with diabetes				<4%	Pg 583 of update
Time-In-Range (TIR) for most older/high hypo risk people				50%	Pg 583 of update
Remission to Pre-Diabetes (no antihyperglycemic meds for at least 3 consecutive months)	6-6.4%	6.1-6.9	7.8-11		754
Remission to Normal Glucose (no antihyperglycemic meds for at least 3 consecutive months)	<6.0%	≤ 6.0	≤ 7.7		754



Updated May 2025