

# HOW I FEEL AT DIFFERENT BLOOD SUGAR LEVELS

Use this chart to show how you feel at different blood sugar levels. You can draw emojis, faces, symbols, or write words. Everyone's experience is different--this is your space to be real.

**BELOW 70**

**Low**

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**AROUND  
100-120**

**In Range**

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**150-200**

**Rising**

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**OVER 250**

**High**

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**COMING DOWN  
FROM A HIGH**

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