

Blood Glucose Log

Blood Glucose Goals & Log

Time of Day	Common Goals	My Specific Goals
Waking up (fasting level)	70-130 mg/dl	_____ mg/dl
Before meals	70-130 mg/dl	_____ mg/dl
1 to 2 hours after meals (from start of meal)	less than 180 mg/dl	_____ mg/dl
Bedtime	100-150 mg/dl	_____ mg/dl
Difference between before and after meals	30-50 mg/dl	_____ mg/dl

Date	Breakfast			Lunch			Dinner			Bedtime or Nighttime
	Medication	Before time/glucose	After time/glucose	Medication	Before time/glucose	After time/glucose	Medication	Before time/glucose	After time/glucose	
Food log/notes										
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