

Keep Track

My Blood Glucose Log

Patient Name

ADA Targets for Blood Glucose¹	Before meals: 70 to 130 mg/dl	2 hours after start of a meal: below 180 mg/dl
My Target for Blood Glucose	_____ to _____	below _____
My Target for A1c		

DATE	BREAKFAST		Med./ Comment	LUNCH		Med./ Comment	DINNER		Med./ Comment	BEDTIME/ OTHER		Med./ Comment
	TIME	Blood Glucose		TIME	Blood Glucose		TIME	Blood Glucose		TIME	Blood Glucose	
1/1	7am	205		1p	158		6pm	198		10:30p	215	

¹ Recommendations from the American Diabetes Association, www.diabetes.org

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My Blood Glucose Log (continued)

DATE	BREAKFAST		Med./ Comment	LUNCH		Med./ Comment	DINNER		Med./ Comment	BEDTIME/ OTHER		Med./ Comment
	TIME	Blood Glucose		TIME	Blood Glucose		TIME	Blood Glucose		TIME	Blood Glucose	