Keep Track

My Blood Glucose Log

Patient Name		

ADA Targets for Blood Glucose ¹	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					

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

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



Keep Track

My Blood Glucose Log (continued)

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