

Weekly Diabetes Blood Sugar Chart

Name: _____

Date (MM/DD/YY) _____

Normal Fasting

Blood Sugar	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
>200														
150-200														
127-150														
100-126														
90-100														
70-89														
60-69														
50-59														
40-49														
0-39														
Date														

Normal Fasting

Blood Sugar	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
>200														
150-200														
127-150														
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90-100														
70-89														
60-69														
50-59														
40-49														
0-39														
Date														

Test Daily: AM = Fasting – before coffee or food in the morning
 PM = Once a day – 2 hours after a meal
 BRING TO EACH APPT with Dr. Clarke!