

# Glucose Diary

**Talk to your doctor about setting goals and how often you should check your blood sugar.**

How to monitor Glucose: Wash your hands, insert a test strip into your meter. Use your lancet on the side of your fingertip. Touch and hold the edge of the test strip to the drop of blood. Your blood glucose number will appear on the meter.

Every meter is different- Follow your specific glucometer guidelines.

<b>Week of (Date):</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>
Blood Sugar- Before Breakfast							
Blood Sugar- Before Lunch							
Blood Sugar- Before Dinner							
Blood Sugar- At Bedtime							

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