## **Blood Glucose Log**

Name: \_\_\_\_\_

Start Date: \_\_\_\_\_

	Morning	Breakfast		Lunch		Dinner		Bedtime
	Fasting	Before			2 hrs after		2 hrs after	
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
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Sunday								
Monday								
Tuesday								
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Thursday								
Friday								
Saturday								
Sunday								

Notes

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Glucose TARGETS (in mmol/L): Before Meals: 4.0-7.0 2 hrs After Meals: 5.0-10.0 or 5.0-8.0 if A1C target is not being met