

Blood Glucose Record

Patient Name _____

Acceptable Blood Sugars:
Optimal Blood Sugars:

Before Meals: 4.0 – 7.0 mmol/L
Before Meals: 4.0 – 6.0 mmol/L

After Meals: 5.0 – 10.0 mmol/L
After Meals: 5.0 – 8.0 mmol/L

Date	AM Breakfast	2 Hrs After Meal	Lunch	2 hrs After Meal	Supper	2 hrs After Supper	Bedtime	Middle of Night
Blood Glucose								
Insulin Dose								
Carbohydrate								
Comments								

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