

Keep Track/Learn More

My Blood Glucose Log

Patient Name

ADA Targets for Blood Glucose¹	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		

DATE	BREAKFAST			LUNCH			DINNER			BEDTIME/OTHER		
	Time	Blood Glucose	Med./ Comment	Time	Blood Glucose	Med./ Comment	Time	Blood Glucose	Med./ Comment	Time	Blood Glucose	Med./ Comment
1/1	7 am	205		1p	158		6 pm	198		10:30p	215	

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