

Monthly Blood Sugar Record

It is important to keep a record of your blood sugars. Remember to bring your blood sugar record with you to all your doctor appointments.

CHECK YOUR BLOOD SUGAR _____ TIMES A DAY, _____ DAYS PER WEEK.

	Breakfast	2 hours after	Lunch	2 hours after	Dinner	2 hours after	Bedtime
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
	Breakfast	2 hours after	Lunch	2 hours after	Dinner	2 hours after	Bedtime
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
	Breakfast	2 hours after	Lunch	2 hours after	Dinner	2 hours after	Bedtime
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
	Breakfast	2 hours after	Lunch	2 hours after	Dinner	2 hours after	Bedtime
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Fasting blood sugar =80-130 Non-Fasting blood sugar below =180