

**BLOOD SUGAR
MONITORING LOG**

for addressograph plate

Instructions: Record your insulin dose and blood glucose at meal and bedtime.

Sample Diabetes Record (For Patients Taking Insulin)

	Breakfast		Lunch		Supper		Bedtime		Other		Ketones	Comments
	Dose	Blood Glucose	Dose	Blood Glucose	Dose	Blood Glucose	Dose	Blood Glucose	Dose	Blood Glucose		
Sun	18L 6R	220			10L 4R			100			7 A.M. SM	Ate at 10 A.M.
Mon	18L 4R	80		120	12L 4R	170		140		30	7 A.M. Neg	Reaction 3 A.M.
Tues	18L 4R	240		180	12L 4R	240		110		70	7 A.M. SM	Walk 7-8 P.M.
Wed	18L 4R	90			10L 4R	120		80		90	10 P.M. Neg	Walk 7-8 P.M.
Thur	18L 4R	100			10L 4R	180					7 A.M. Neg	Walk 7-8 P.M.
Fri	18L 4R	120		150	10L 4R	160		120			6 P.M. Neg	
Sat	18L 4R	90		70	10L 4R	180		240			10 P.M. Neg	Ate 9 A.M. Tennis 10-12 Reaction 3 P.M.

Number of measurements 7 4 6 6 3

Total of blood glucose values 940 520 1050 790 190

Average of blood glucose values 134 130 175 132 64



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Diabetes Record (for Patients Taking Insulin)

	Breakfast		Lunch		Supper		Bedtime		Other	Comments
	Dose (If Taken)	Blood Glucose	Dose (If Taken)	Blood Glucose	Dose (If Taken)	Blood Glucose	Dose (If Taken)	Blood Glucose	Blood Glucose	
Sun										
Mon										
Tue										
Wed										
Thu										
Fri										
Sat										

Number of measurements _____

Total of blood glucose values _____

Average of blood glucose values _____



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Target Levels

	BLOOD GLUCOSE (PLASMA)	
	<i>People Without Diabetes</i>	<i>People With Diabetes</i>
Before meals	80–125 mg/dl	70–130 mg/dl
After meals*	80–130 mg/dl	Less than 180 mg/dl
A1C	Less than 6%	Less than 7%
Blood pressure	Less than 130/80	Less than 130/80

*Two hours after the first bite of food.