



**BLOOD SUGAR
MONITORING LOG**

for addressograph plate

Instructions: Record your blood glucose at meal and bedtime.

******SAMPLE ******

Diabetes Record (For Oral Medication)

	Breakfast		Lunch		Supper		Bedtime	Other	Comments
	Before	After	Before	After	Before	After			
Sun	80	110	85	100	100	170	140	30	Reaction – 3 AM
Mon				120		140	110		
Tue	240	150			240	110			
Wed	120	130				130	90	70	Walk, 7 – 8 PM
Thu	100	110	180	185	180	200		90	Walk, 7 – 8 PM
Fri	120	140			160	160	140		
Sat	90	100	150	175	180	200			

Number of measurements	6	4	7	4	3
Total of blood glucose values (After)	745	570	1110	480	190
Average of blood glucose values (After)	123	142	159	120	63



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Diabetes Record (For Oral Medication)

	Breakfast		Lunch		Supper		Bedtime	Other	Comments (e.g., Medication Dose)
	Before	After	Before	After	Before	After			
Sun									
Mon									
Tue									
Wed									
Thu									
Fri									
Sat									

Number of measurements

Total of blood
glucose values (After)

Average of blood
glucose values (After)



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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.