



**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



**BLOOD SUGAR  
MONITORING LOG**

*for addressograph plate*

**Instructions:** Record your blood glucose at meal and bedtime.

## 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)

\_\_\_\_\_



**BLOOD SUGAR  
MONITORING LOG**

*for addressograph plate*

**Instructions:** Record your blood glucose at meal and bedtime.

# Target Levels

	<b>BLOOD GLUCOSE (PLASMA)</b>	
	<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.