

NAME \_\_\_\_\_

Instructions:

# Blood glucose log

Day	Breakfast		Lunch		Evening meal		Bedtime	2 am
	Pre (fasting)	Post	Pre	Post	Pre	Post		
1								
2								
3								
4								
5								
6								
7								

Pre meal			Post meal	
Below 70	Low		Below 70	
70 to 130	<b>Goal</b>		70 to 180	
130 to 240	Above Goal		180 to 240	
Above 240	High		Above 240	

**NOTES**