

# Testing in pairs

Checking your blood glucose before and after a life factor can help you see how your blood sugar changes.

 Your targets	
Before breakfast (fasting)	
Before meals at other times of the day	
After a meal (at least 90 min. after eating)	

 What do I want to learn?				
Day	Before	After	Change	Notes

? What did I learn? \_\_\_\_\_

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? What can I do next? \_\_\_\_\_

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? What questions do I have for my diabetes educator or healthcare provider? \_\_\_\_\_

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