

# 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? \_\_\_\_\_

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

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