Blood Glucose Journal

ADA Blood Glucose Targets:
Before meals: 80-130mg/dl
Two-Hours after meals: below 180mg/dl
Bedtime: 100-150mg/dl

MY TARGETS:
Before meals: _____
Two-Hours after meals: _____
Bedtime: _____

MY DOCTOR:
Name: _____
Phone: _____
Fax/Email: _____

Date	BREAKFAST			LUNCH			DINNER			BEDTIME	COMMENTS
	Before	2hrs After	Change	Before	2hrs After	Change	Before	2hrs After	Change	Night	

MEDICATIONS:

Date	BREAKFAST			LUNCH			DINNER			BEDTIME	COMMENTS
	Before	2hrs After	Change	Before	2hrs After	Change	Before	2hrs After	Change	Night	

Change = the difference between the before and after BG for that particular meal - aim for a difference of 50mg or less between these two.