Blood Glucose with Insulin 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
	BG	Carbs	Insulin	BG	Carbs	Insulin	BG	Carbs	Insulin	Night	
Food ⇨											
Food ⇨											
Food ⇨											
Food ⇨											
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	BG	Carbs	Insulin	BG	Carbs	Insulin	BG	Carbs	Insulin	Night	
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