



Food & Blood Glucose Record

Name:

Date	Fasting Blood Sugar	Breakfast	Total Carbs	2 Hour Blood Sugar	Pre Meal Blood Sugar	Lunch	Total Carbs	2 Hour Blood Sugar	Pre Meal Blood Sugar	Dinner	Total Carbs	2 Hour Blood Sugar	Bedtime Blood Sugar	Snack/ Exercise

Goals (Cirice your goals):
Fasting or Pre-meal: 70 - 110 OR 80 - 130
2 hours Post Meal: Less than 140 OR less than 180