

Meds:

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:
Fasting or Pre-meal: Less than 110
2 hours Post Meal: Less than 140