

# Blood Glucose/Insulin Log

	Breakfast			Lunch			Dinner			Bedtime	
	Before	2 Hours After		Before	2 Hours After		Before	2 Hours After			
Date	Glucose:	Insulin:	Glucose:	Glucose:	Insulin:	Glucose:	Glucose:	Insulin:	Glucose:	Glucose:	Insulin:
Date	Glucose:	Insulin:	Glucose:	Glucose:	Insulin:	Glucose:	Glucose:	Insulin:	Glucose:	Glucose:	Insulin:
Date	Glucose:	Insulin:	Glucose:	Glucose:	Insulin:	Glucose:	Glucose:	Insulin:	Glucose:	Glucose:	Insulin:
Date	Glucose:	Insulin:	Glucose:	Glucose:	Insulin:	Glucose:	Glucose:	Insulin:	Glucose:	Glucose:	Insulin:
Date	Glucose:	Insulin:	Glucose:	Glucose:	Insulin:	Glucose:	Glucose:	Insulin:	Glucose:	Glucose:	Insulin:
Date	Glucose:	Insulin:	Glucose:	Glucose:	Insulin:	Glucose:	Glucose:	Insulin:	Glucose:	Glucose:	Insulin:
Date	Glucose:	Insulin:	Glucose:	Glucose:	Insulin:	Glucose:	Glucose:	Insulin:	Glucose:	Glucose:	Insulin:
Date	Glucose:	Insulin:	Glucose:	Glucose:	Insulin:	Glucose:	Glucose:	Insulin:	Glucose:	Glucose:	Insulin:

Blood glucose goals:  
 Before meals = 80 -130  
 2 hours after meals = under 180

Call your diabetes team if you frequently have high or low glucose levels.