

Blood Glucose Log

Name: _____

	Before Breakfast	2 hrs After Breakfast	Before Lunch	2 hrs After Lunch	Before Dinner	2 hrs After Dinner	Before Bed
Date:							
Date:							
Date:							
Date:							
Date:							
Date:							
Date:							
Date:							
Date:							
Date:							
Date:							

<p>Blood glucose goals: Before meals = 80 -130 2 hrs after meals = under 180</p>
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Call your diabetes team if you frequently have high or low glucose levels.