



GLUCOSE RECORD

Name: _____

G#: _____

DAY/ DATE	FASTING GLUCOSE	BREAKFAST/DRINKS	___ HR. AFTER BREAKFAST	LUNCH/ SNACKS/DRINKS	___ HR. AFTER LUNCH	DINNER/ SNACKS/DRINKS	___ HR. AFTER DINNER	SNACKS/DRINKS

BLOOD SUGAR GOALS: Fasting – 95 or lower 1 hr. after start of a meal – 140 or lower 2 hrs. after start of a meal – 120 or lower