Hormone Health NETWORK® FROM THE ENDOCRINE SOCIETY

D·A·I·L·Y DIABETES AWARENESS INFORMATION FOR LOVED ONES AND YOU

My Blood Glucose Journal

Some blood glucose meters record and keep your information each time you check your levels. If yours doesn't, use this journal each time you check your blood glucose. Write down the date, time, and results. Show it to your doctor, and talk about your goals and how you're doing. Make extra copies of this chart before you use it the first time.

My blood glucose before meals
Usual goal: 70-130
My goal: _____

My blood glucose 1-2 hours after meals
Usual goal: Below 180
My goal: _____

My blood glucose at bedtime
Usual goal: 110-150
My goal: _____

Day/Date	Breakfast				Lunch				Dinner				Bedtime	
	Before		1-2 Hours After		Before		1-2 Hours After		Before		1-2 Hours After		At Bedtime	
	Time	Result	Time	Result	Time	Result	Time	Result	Time	Result	Time	Result	Time	Result
sample	7:42	86	10:05	137	11:34	95	1:45	154	6:15	107	8:17	161	10:54	132
Sunday _____														
Monday _____														
Tuesday _____														
Wednesday _____														
Thursday _____														
Friday _____														
Saturday _____														