BRING THIS BLOOD SUGAR LOG AND ALL OF YOUR MEDICINES TO EVERY APPOINTMENT

Name: ________________
Month/Year: ____________

Target Goals
Before Meals: 70-130
2 Hours after Meals: Less than 180
Bedtime: 100-140

Clinic Fax: (816)478-3713
Phone: (816)404-6455

DATE	BREAKFAST		LUNCH		DINNER		BEDTIME	BLOOD PRESSURE	STEPS
	BEFORE	2 HRS AFTER	BEFORE	2 HRS AFTER	BEFORE	2 HRS AFTER			